

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

June 2020

Pasco/North Tampa/New Tampa Edition - Monthly

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BAYCARE OPENS FIRST URGENT CARE IN LAKELAND

See Page 7

5 PRACTICAL WAYS TO POWER UP YOUR IMMUNE SYSTEM

See Page 10

TELEHEALTH

is Helping Protect Cancer
Patients During the Covid-19 Crisis

See Page 8

5 REASONS TO AVOID KNEE REPLACEMENT SURGERY

See Page 9

NEED TO LOSE THE QUARANTINE 15?

Weight Loss
That Really Works

See Page 13



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So when you're sick or have a minor injury and you need to see a doctor in person, visit BayCare Urgent Care. You could go to the emergency room, but given the cost for visits to any hospital or freestanding emergency room, that's best saved for, well, real emergencies. BayCare Urgent Care centers are open seven days a week with extended hours at 19 locations throughout Tampa Bay. And to make your visit even more convenient, before you arrive, you can easily save your spot in line at BayCareUrgentCare.org.



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Contents

JUNE 2020

- 6** Amazing Results with Energy Frequency Technology
- 7** BayCare Opens First Urgent Care in Lakeland
- 8** Telehealth is Helping Protect Cancer Patients During the Covid-19 Crisis
- 9** 5 Reasons to Avoid Knee Replacement Surgery
- 10** 5 Practical Ways to Power Up Your Immune System
- 13** Need to Lose the Quarantine 15? Weight Loss That Really Works
- 14** Explaining the Veteran Administration's Aid and Attendance Benefit
- 15** Can IV Nutrients Help Boost Your Immune System?
- 16** Gynecologist, Dr. Parveen Vahora: Wellness Exams Now Seeing Patients In-Office
- 17** Hyperbaric Centers of Florida Sheds Light on Brain Health Awareness Month
- 18** GAINESwave Has Helped Numerous Men, Just Like You
- 20** Got Stress? Try CBD
- 21** Debunking the Myths About Hospice Care
- 22** A Patient's Excruciating Back and Leg Pain Relieved in One Day
- 23** Does Hearing Loss Affect Cognitive Function?
- 24** The Tampa YMCA Welcomes Back Members
- 25** Virtual Medical Visit Tips and Advice
- 26** Spiritual Wellness: When You Are At Your Wits End

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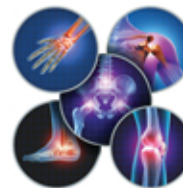
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Amazing Results with Energy Frequency Technology

Accidents happen. When they do your life can change in a flash. Last October I had just finished washing my face and was headed to bed. My flipflop caught under the area rug between the master bath and the bedroom. I slammed into the fireplace which sticks out four feet perpendicular to the wall. I fractured my left humerus, three ribs, and tore my rotator cuff. For several weeks I was unable to move without excruciating pain. I had to sleep in an anti-gravity recliner. The slightest movement would cause me to wake up and cry out in pain. I was afraid to take pain meds in case I would move in a way to make my injuries worse.

For the better part of my life I have studied and taught yoga, energy medicine and natural healing modalities. I also use and work with a variety of PEMF (pulsed electro-magnetic frequency) devices. Several times a day, I would get on the massage table and lie on a mat which uses four specific frequencies to enhance blood flow through the micro-capillaries. (I did not get much relief.)

In November I learned about a German-made medical device with over 144,000 different frequencies which would soon become available in the USA. The product is a unique, small wearable using AI (artificial intelligence) which pairs with a smartphone to deliver frequencies to the body via wristbands or electrodes. The device has over 120 different programs – for **pain, sleep, bioenergetic balance, mental balance, chakras, meridians, learning, stress, beauty and skin, protection programs** and more.

In December a dear friend loaned me her unit for a week. The first day I ran a program called “Joints-Bones” and a program called “Pure”. My upper arm began throbbing in the area of injury and continued to do so for several hours. The average person may have jumped to the conclusion that the device had made my pain worse. As a healer, I knew that this meant that energy was flowing to the area of damaged cells and something was happening. The “Pure” program is in the Gold Cycle (developed by Nuno Nina), and it had been recommended that I run one of the Gold programs each day. When I checked my emails the following morning, I was surprised to discover that I had not been wearing my reading glasses!



Penelope Taylor

When I first borrowed the device, I could only raise my left arm to shoulder level. By the end of the week I was able to get my arm all the way up over my head. I reluctantly mailed the unit back to my friend, and then called anyone and everyone I knew who had friends or family overseas who could ship me a device of my own. To make a long story short, I have since been sharing the unit with friends and family who have also experienced great results. I have completely recovered from my injuries in a fraction of the time it takes the average person with similar experiences. (My cousin tore her rotator cuff several years ago. It took her 18 months before she could hook her bra behind her back. I could do it in less than five months, and I am 8 years older than she is.)

Now this device is available in the USA. There are four different editions, each one having more programs and capabilities. The basic edition starts at about \$500, and the professional edition sells for approximately \$2,400. The product has a two year warranty and a 14-day money back guarantee.

This is a microcurrent medical device that has been cleared by the U.S. Food and Drug Administration for the relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. It also has non-medical applications that use individualized frequencies to help balance your mind and body and relieve stress. This is NOT for use by pregnant women, or people with epilepsy or pacemakers.



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Penelope Taylor is a second-generation yoga teacher and specialized kinesiologist in the field of whole-brain integration and educational kinesiology. She practices a variety of modalities in the healing arts including Sound Healing, Energy Medicine & Brain Re-patterning. After spending many years teaching and seeing clients in the Washington, DC area she now makes her home in Tampa, FL.

BayCare Opens First Urgent Care in Lakeland

BayCare Health System plans to bring a state-of-the-art urgent care clinic to the Lakeland area this summer. The leading health system in the region will open the first BayCare Urgent Care in Lakeland to provide convenient and easy access to care for patients in that local community.

BayCare Urgent Care located at the Southgate Shopping Center on 2645 South Florida Ave in Lakeland will provide efficient, high-quality and compassionate health care from an experienced team of clinicians for adults and children ages two and older.

At this facility, urgent care will provide a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The center will treat medical conditions without prior appointment including minor illnesses and injuries, flu and colds, sprains and strains, minor cuts, stings and burns.

The clinic also will offer school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

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

BayCare Urgent Care is part of BayCare Health System, a leading not-for-profit organization comprised of 15 hospitals and hundreds of other convenient locations throughout Tampa Bay and central



Florida regions. Due to BayCare's hundreds of access points, BayCare provides a full continuum of care through its inpatient, outpatient, imaging, diagnostic, behavioral health, laboratory and wellness services – providing seamless and convenient care for patients and their families.

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



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TELEHEALTH IS HELPING PROTECT CANCER PATIENTS DURING THE COVID-19 CRISIS

In March, 2020, Florida Cancer Specialists & Research Institute (FCS) launched telehealth services across all FCS sites statewide, allowing patients continued and convenient access to care, while mitigating the impact and spread of COVID-19. Since the implementation of telehealth, thousands of patients have taken advantage of the service and have participated in more than 16,000 virtual visits (about 22% of all patient visits) with FCS physicians and other clinicians in the past three months.

Cancer Patients Are at Increased Risk

Cancer patients are among the most vulnerable populations in terms of contracting viral infections due to a compromised immune system, which can occur as a result of chemotherapy or other underlying health conditions, such as heart disease, diabetes or hypertension, that are often found in older adults. Wearing masks, increased handwashing, social distancing and other extra precautions help to reduce exposure to the virus. Beyond these measures, Florida Cancer Specialists has instituted visitor restrictions and other safety protocols at all of its clinics across the state and is providing telehealth visits to continue vital cancer care for those patients who are not required to come into the clinic for treatment.

Telehealth Helps Reduce Risk of Exposure

Using video chat, FCS providers consult with patients remotely to share their laboratory results, treatment plans and more. To date, more than 600 providers, including physicians, advanced practice providers, nurses, social workers and nutritionists, have embraced the adoption telehealth not only to fulfill immediate healthcare needs in response to the outbreak, but also to support the delivery of high-quality patient-centered care. Telehealth visits are now covered by most insurance plans; patients may pay the same or possibly less than an in-office visit.



Prior to the COVID-19 crisis, telehealth did not play a significant role in oncology; however, due to the relaxation and updating of previous guidelines from the Centers for Medicare & Medicaid Services (CMS), we have now been able to introduce video meetings with our patients that maintain the high level of care and experiences our patients deserve and expect.

Technology Makes Telehealth Simple for Patients and Physicians

Connecting providers and patients is easy, thanks to advanced technologies, which allow FCS to successfully integrate multiple electronic platforms to ensure our patients have the critical access needed for their continuation of care and communication. Further, and most importantly, personal health information is protected and secure in virtual visits, just as it is with an office visit. While telehealth is not suitable for every patient served by FCS, physicians can identify appropriate patients who are a good fit.

This virtual care solution plays a vital role in response to the pandemic crisis, maintaining patient access to care directly from home for cancer patients who are among the most immunocompromised populations. FCS was among the first cancer care groups in Florida to launch telehealth resources to cancer patients during the pandemic.

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, in nearly 100 locations throughout Florida. FCS is also on the leading edge of clinical trial research that provides FCS patients with access to the newest, most innovative and promising new 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.



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5 Reasons to Avoid Knee Replacement Surgery

By Regenxx 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. Regenxx 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.

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in



the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of

hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

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

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

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

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

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5 Practical Ways to Power Up Your Immune System



Especially amidst the COVID-19 pandemic, we've all been inundated with the advice to practice social distancing and maintain proper hygiene. However, it's also critical to boost the immune system; after all, a robust immune system can be more effective at fighting off viruses, bacteria and illness. Here's why...

Your body acts as a host for viruses at all times, and if you're not strong enough to combat a given infection, the cells mutate and can aggressively cause you to become very ill. One way to either ward off infections completely or fight them proficiently is through a bolstered immune system. This is especially important for seniors, who may be more susceptible to infections and communicable illness.

So let's explore five (5) ways to boost immunity by focusing on certain lifestyle factors that are relatively easy to control. Take these into consideration and it's possible to make minor lifestyle changes that can give your immune system a major boost.

Emphasize Nutrition and Dietary Supplements

A diet that's high in antioxidants is critical for immunity. Foods like fruits and vegetables, dark chocolate, olive and coconut oils, avocado, legumes, garlic, onions, cold water fish, bone broth and eggs all contain vital nutrients that can keep you healthy throughout the year.

Vitamin C, Green tea, curcumin, ginger and garlic all have antioxidant and anti-inflammatory properties in both supplement and food form. Glutathione is also

a great supplement to boost immunity. Glutathione is one of the most potent antioxidants and tends to be most useful for detoxifying and healing the body.

Due to the modern lifestyle and poor dietary choices, the average person has a reduced amount of "good bacteria" in their gut. Good bacteria is critical for overall health. As such, it's recommended to either consider taking a probiotic supplement or eat more fermented foods which can support your health. Those may include probiotic yogurt, cheeses, and foods like kombucha, miso, kimchi and others that are suddenly all the rage.

All of these considerations and many more factor into the meal and menu creations at upscale communities like Aston Gardens At Tampa Bay, where Chef and his culinary team turn out healthy (and delicious) meals all day, every day. From regionally inspired dishes to international specialties, and of course, old-fashioned comfort favorites, residents enjoy a diverse menu that satisfies the palette while also satiating both mind and body.

Sleep

Getting the appropriate amount of rest is critical for both your brain and body, as it promotes well-being and regenerative functioning. Sleep can bolster the immune system, but if you're having trouble breathing while sleeping, the lack of oxygen can also lead to impaired immune function and many other issues, such as heart disease, pulmonary disorders and cognitive issues. So if you tend to have trouble sleeping, seeking help to promote more restorative rest would be a worthwhile endeavor.

Here are some additional insights and tips for getting quality rest—the kind that will offer maximum benefit to the immune system:

- Get into a routine: Going to sleep and waking up at the same time each day can help train your body to go to sleep "on time"
- Avoid making the bed a couch: By reserving the bedroom for only sleep—and romance—the body becomes better conditioned to sleep when there
- Avoid electronics and caffeine before bed: Try reading for 15 minutes instead
- Exercise early in the day, not late: Exercise releases endorphins that make it harder to rest and fall asleep
- Invest in a good mattress: Look for one that fits your personal preferences and sleep habits...and replace it every 8-10 years
- Maintain a comfortable room temperature: Generally, cooler conditions are better for more restorative sleep
- Don't stay in bed: If having trouble falling asleep, get up for a while and try again rather than stewing about it in bed
- Talk to a professional about sleeping pills: Work with your doctor to address any lingering medical issues and explore sleeping pills as a potential remedy for sleep troubles

Exercise

Any exercise that you can fit into your daily routine is beneficial. Regular exercise improves immune function and is thought to reduce respiratory disorders as well. For the immune system and many other vital functions of the body, it's beneficial to take a brisk walk, exercise in a chair, get physical therapy, enjoy pool exercises or generally do whatever your level of fitness will safely allow you to do.

At Aston Gardens, various exercise options are available to suit residents of all fitness and experience levels. From the onsite fitness center to daily classes, which run the gamut from water aerobics to chair yoga and beyond, it's easy to fit exercise into your daily routine.



Plus, as part of Aston Gardens' exclusive Dimensions wellness program, trained team members are always available to assist with everything from fitness equipment training and plan creation, to monitoring progress and promptly addressing any health- and fitness-related questions or concerns.

Relax and Unwind

Finding ways to limit or reduce stress is equally as important as all of the other tips mentioned above. If you let anxiety take over, you will inevitably have more inflammation and less immunity, and your overall health will suffer.

Stress wreaks havoc on our bodies and brains, and here again is another benefit of maintenance-free living at Aston Gardens. Here, with no housekeeping, meal preparation or other chores to worry about, there's more time for leisure and relaxation, and that can only help your state of mind and well-being. Plus, with plenty of recreational options, from tai chi to Wii bowling, and arts and crafts, movies and live music and entertainment, the variety of ways to relax and blow off steam are limited only by the bounds of your own imagination.

The Healing Powers of Socialization

Isolation and loneliness are seriously detrimental to seniors' mental and physical health. The fact is we're all social creatures, and that's why, amidst the continuing COVID-19 pandemic, Aston Gardens has been using digital technology and applications offering video chatting capabilities to bring resident seniors and their families that much closer, even as COVID-19 keeps 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. Especially right now, all of us should be taking steps to protect our physical and mental health, and for Aston Gardens' resident seniors, maintaining regular contact and socialization has probably never been more important than it is today.

To stay healthy and boost your immune system, incorporate some of the tips above and to find out more about Aston Gardens please visit their website at AstonGardens.com, or call 813-448-3160.

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Our three core principles are:

Nutrition - Providing a personalized meal plan that includes nutrient-rich Profile food along with healthy groceries

Activity - Developing a simple activity and exercise plan with your abilities and fitness level in mind

Lifestyle - Helping you develop healthy habits and overcome stress

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WEIGHT LOSS & HEALTH COACHING

Tampa Bay's Health & Wellness Magazine



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Providing information that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there is a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large image of a woman wearing a clear protective hood, with the headline "Skincancer" and a sub-headline "By Elizabeth M.D. Board Certified Dermatologist...". Below this, there are three smaller magazine covers for different counties (Charlotte, Collier, Lee) with their respective "Flip Book" and "PDF" options. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Dr. Frank A. Gilman, M.D., with a photo of a man and a woman. On the right side, there is a "In This Issue" sidebar listing topics like "Living with Diabetes?", "Silly Wellness Myths", and "Are They Right for You?". At the bottom right, there is a "SIGN UP FOR OUR NEWSLETTER" form with fields for Name and Email, and a "Subscribe" button.

Need to Lose the Quarantine 15? Weight Loss That Really Works

Are your clothes fitting a little tighter? Starting to see sock rings around your ankles? Finding it difficult to avoid late-night chips and dips? If you're stressing about the amount of weight you've gained over the past few months, you're not alone! Many people have been cooking, baking, drinking, and lounging around a lot more than usual. You can blame it on your Netflix bingeing, being confined, seeing too many tantalizing lasagna recipes on Pinterest, or Chrissy Teigen's banana bread, but the bottom line is, it's time for a lifestyle overhaul. You know it can't realistically continue without causing long-term problems. So, how do you put an end to the madness? Profile by Sanford works in a different way to retrain your brain, give you accountability and power, and to help you stick to healthy eating options for good.

Why Our Plans Work

You'll lose 3x more weight working with a coach than trying on your own*. With over two million pounds lost, our Profile members have proven this!

Here is why Profile will work for you:

- Your coach will educate and motivate you through every stage of your weight loss journey
- Follow a simple step-by-step plan personalized for your goals and lifestyle
- Enjoy delicious, nutritious Profile foods that work for even the busiest of schedules
- Instill internalized habits that will allow you to maintain your weight loss

*According to a research study.

Profile by Sanford

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



Virtual Coaching and Home Shipping of Our Delicious 'Convenient' Healthy Foods are Available!

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 tailor-made to help you reach your goals.

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

Smart Science Nutrition

Developed by medical experts, your step-by-step nutrition plan is designed to help you lose weight and keep it off. Along the way, you'll learn how to make nutritious choices and how you can enjoy food that fuels your body.

Shakes, Bars & Recipes

Our foods are designed to give you the nutrition you need with a taste you'll love. We offer a variety of options to suit your personal tastes and weight loss plan. We also have a vast library of recipes that you can make!

Smart Tracking Technology

Monitor your results from home. Our Smart Body Scale syncs directly your online member profile, keeping you and your coach connected as you progress through your journey.

One-on-One Coaching

Team up with a real-life coach who will educate, motivate, and support you every step of your weight loss journey. Our coaches come from a variety of wellness backgrounds, and they must receive and maintain Profile certification.

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

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

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

LIMITED TIME OFFER:

Get a free consultation and join the program for half off!

Get a more personal touch to achieve the results you need. Call Profile by Sanford - Tampa, FL Carrollwood at 813-497-7212 today!

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Explaining the Veteran Administration's Aid and Attendance Benefit

By Michelangelo Mortellaro, P.A.

According to Census Bureau numbers, there are approximately 10 million veterans who are 65 years old or older. Undoubtedly, there are thousands of spouses of deceased veterans in this category as well. Various veterans assistance groups estimate close to 20 percent of these folks are likely eligible to receive tax-free money from the Department of Veterans Affairs through the Aid and Attendance benefit. Yet, one estimate said that in 2019 fewer than 500,000 were actually receiving this stipend each month.

The VA's Aid and Attendance benefit remains one of the most underpublicized and least known benefits that could affect the lives of millions of American families. A&A provides monthly financial aid to help defray the cost of long-term care for those who need assistance with the daily activities of living such as dressing, bathing, toileting, eating and transferring. One of the important things to note is that this benefit does not require the veteran to have been injured or disabled during his or her military service.

So How Much?

What you really want to know right now is: How much will I get each month? The answer depends on who you are and how you document your financial situation.

In 2020, an unmarried veteran can receive a maximum allowable benefit of \$1,911 each month. An unremarried surviving spouse's maximum is \$1,228. A veteran and spouse can get a maximum of \$2,266 a month. We say "maximum" because there are income qualifications that could lower your benefit amount. Additionally, the benefit is adjusted annually for inflation.

Determining Your Eligibility

Applying for government benefits can be a daunting task, one that can seem difficult for even the most organized person when facing a blizzard of forms. But please know that with some document work early, and patience to the end, this benefit is obtainable. Let's take a broad look at the process.



The first hurdle is checking eligibility under the VA's guidelines. First, the veteran must meet requirements for age (65 or older) and service (minimum 90 consecutive days of active duty with at least one day during a recognized period of wartime, with a better-than-dishonorable discharge status).

Next, the veteran must show he needs assistance with at least two of the activities of daily living (bathing, toileting, dressing, eating, needs protective living environment, for example). This requires a form to be filled out by the claimant's regular physician, and forms from an ALF or home caregiver, depending on circumstances.

Then there are income and asset guidelines. This is where the process gets murky for people and a VA-accredited attorney can help. The eligibility standards for surviving spouses varies a bit (marriage requirement), so visit the VA's website or consult an attorney for details.

Homework

In addition to the physician forms mentioned above, the VA application entails multiple forms that serve specific purposes. The veteran application form differs from the one that a surviving spouse would use. Your situation will dictate which forms are necessary. Again, an attorney's office can guide you.

Be prepared to gather statements from financial institutions (banks, investment accounts, IRAs, annuities, life insurance policies) and personal history documents (discharge papers, birth certificates, IDs, Social Security letters, marriage certificates, divorce decrees, among others).

Filling Out and Submitting the Application

Sitting down to fill out the various forms is time-consuming, and sometimes confusing. Put supporting documents and evidence with the appropriate forms, and fill in as many blanks as possible on each form. Put the VA form 21-4138 Support of Claim in front and make sure to sign and date in all the proper places.

Once you're done, you can either mail the submission, fax it, or file it electronically through the VA's website.

Next, be prepared to wait. The VA will acknowledge the claim has been received, then it may be quite some time before you hear from them again. You may receive a "development letter" if the VA requires additional information or documentation. Don't worry, all of this is a normal part of the process, and you have up to one year to respond to the VA and submit the information requested. Or, you may receive a denial letter listing the reasons the application was denied. From there you can appeal the VA decision and submit evidence for the VA to reconsider.

And finally, when approved, you will receive a check (well, actually direct deposit to your bank account) retroactive to the month after your eligibility, then you will receive monthly deposits thereafter.

At Mortellaro Law, we have assisted veterans and their families with the VA Aid and Attendance process for more than 10 years. Call us for a free initial consultation to see if you are eligible for this important benefit.

And if you are a veteran, thank you for your service to our country.

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

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Can IV Nutrients Help Boost Your Immune System?

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

IV Therapy Advantages

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

While eating a healthy diet and taking vitamins is very beneficial, IV induced vitamin C is able to enter the bloodstream without going through the digestive tract, which often breaks down supplements potency. IV nutrients are able to permeate the tissues and organs easier than with oral supplementation. When you take vitamins orally, they are subjected to your digestive tract and are only absorbed at a rate of 10-20%. Delivered through an IV, they go directly into your bloodstream, meaning those vitamins are absorbed nearly 100%! This means that at Restore, you really know you're getting what your body needs.

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

They also offer other immune boosting and preventative infusions that can help you fight infections and boost your immune system. Every person who receives an IV drip has the opportunity to have a consultation with a nurse practitioner to



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

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

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

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

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

Benefits:

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

BE (HYPER) WELL

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

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

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

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

restore

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Gynecologist, Dr. Parveen Vahora: Wellness Exams Now Seeing Patients In-Office

By Parveen Vahora, M.D.

The past few months have been a time of change and readjustment for us all. Dr. Vahora is pleased to announce she will resume wellness exams in June! If you are having any unusual or painful gynecological problems, don't ignore your symptoms! Many people may be apprehensive about visiting a doctor's office, but you can rest assured that Dr. Vahora and her staff have implemented rigorous protocols for safety and hygiene. Connie, ARNP and Dr. Vahora are available for all your gyn needs. However, if you are not feeling well or think you may have Covid 19, please see your primary care provider.

Dr. Vahora and Connie are seeing appointments in the office; nevertheless, if you need a telehealth visit, they are still able to accommodate you via a virtual appointment. 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. Please call the office to find out more information.

In-Office Protocol

- The staff is taking extra precautions and stringent disinfecting measures.
- Appointments are spaced out, so that patient to patient contact is limited.
- All staff are wearing PPE (personal protective equipment), masks, gloves, etc.
- Patients are asked to wear a face covering and will be asked to wash their hands upon entering the office suite.
- We are asking to limit visitors with the patients and they also are being asked to wear a face covering and wash their hands upon entering the office suite.
- You do have the option to wait in your car after checking in with the office. We will text you when Dr. Vahora or Connie are ready to start your visit.
- If you have a fever, cough or symptoms of COVID-19, you will be asked to contact your PCP and will not be seen in the office.
- You have the option to schedule a TeleHealth/ Virtual visit instead of in the office.

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.**

Wellness Exam & Pap Smear

Women should have a preventative wellness examination once a year. For women with gynecological conditions such as a history of HPV, precancer, cancer or other genital disorders, they need more frequent exams as directed by their gynecologist to monitor their needs and to keep them healthy.

The latest guidelines for pap smear are as follows:

- Women aged 21–29 years should have a Pap test alone every 3 years. HPV testing is not recommended.
- Women aged 30–65 years should have a Pap test and an HPV test (co-testing) every 5 years (preferred). It also is acceptable to have a Pap test alone every 3 years.

Most insurances cover a pap smear as part of your yearly wellness examination once a year, with no copay or deductible cost the patient. It is best to see your gynecologist or woman health care provider yearly for your wellness, and they can decide with your history whether you need a pap smear or not. Annual gynecological exams are essential to early diagnosis and successful treatment.

Don't Wait—Schedule your Wellness Exam Today.

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 Connie was 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@ParveenVahoraMD.com
Text Line: (813) 548-4412
Phone Line: (727) 376-1536**

Hyperbaric Centers of Florida Sheds Light on Brain Health Awareness Month

Alzheimer's is the most common form of dementia and unfortunately, it affects nearly 5.2 million Americans, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century.

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

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

HBOT, Alzheimer's Case Study

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

A 58-year old female patient with diagnosed Alzheimer's disease via SPECT tomography and PET brain imaging, who was progressing and experiencing rapid cognitive decline, was treated with hyperbaric oxygen therapy for 66 days. She received treatments 5 days per week for a total of 40 treatments at 1.15 atmosphere absolute/50 minutes total treatment time.¹

After 21 HBOTs the patient reported increased energy/activity level, mood, and ability to draw a correct clock face, perform activities of daily living, and work crossword puzzles. Rivastigmine patch was started and discontinued after one week due to ineffectiveness (patient report). At completion of 40 HBOTs patient reported increased memory and concentration, sleep, conversation, appetite, ability to use the computer, more good days (5/7)

than bad days, resolved anxiety, and decreased disorientation and frustration. Tremor, deep knee bend, tandem gait, and motor speed were improved. Repeat 18FDG PET imaging one month post HBOT showed global 6.5–38% improvement in brain metabolism.¹

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

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

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
- Bell's 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 is a premier Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multi-Place Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems. We are treating all approved indications and selected off-label indications, as directed by a licensed physician with written orders.

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.

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. 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.

References:

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



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

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



GAINESwave Has Helped Numerous Men, Just Like You

Physical Medicine Center is Offering a GAINESwave Father's Day Special

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

There is a common misconception that ED is just another sign of aging, but that couldn't be further from the truth. Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical evaluation and treatment from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED's Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has



**Don't Miss Out on This Limited Time Offer:
~Father's Day Special~
\$250.00 Off any
GAINESwave Treatment**

developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

it's Never too Late

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be, but it's not too late. GAINSWave has helped many patients with advanced ED conditions.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

Physical Medicine Center has many Google Reviews to Share with you. You can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa). We've highlighted a few:

"The minute you call the clinic you get the feeling that you are going to receive excellent treatment. They are very thorough and friendly. Dr. Lupo explains things thoroughly-Is a place that I would highly recommend."—Jose

"The staff of Physical Medicine are excellent. Their professionalism and knowledge of specific procedures being used I find very reassuring. I am trying to regain my ability to become "normal" again after prostate cancer and I am in treatment using the Gainswave technology along with the P-shot injections..."—Dan

"I have been coming to Physical Medicine Center for many years. I have a number of things wrong with my back, including Osteoarthritis, and a number of herniated discs. If it were not for Dr. Lupo and his great staff, I would have opted for some major back surgery years ago. Over the years, he has been able to let me enjoy a good quality of life, often with very little or no pain..."—Craig

DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

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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Got Stress? Try CBD

The isolation, fear of what's to come, and dealing with our lives as daily risk-takers, has left many people feeling anxious, overwhelmed, and stressed out. Think about it. Many parents are trying to balance work, making sure their kids are attending school online and trying to prepare for whatever the future holds. Our already busy lifestyles have now become micromanaged, they are somewhat in disarray and if we're honest, reasonably uncomfortable. Stress is made up of both psychological and physical symptoms.

Anxiety can cause:

- Depression
- Nervousness
- Sleep disturbances
- Hypertension
- Nausea
- Heart Palpitations
- Shortness of breath
- Lack of motivation
- Disorder
- Overeating
- Lack of appetite
- Substance abuse
- Bouts of anger
- Mood disorders

The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry, and the decision to take flight or to fight.

Can CBD Help reduce anxiety? Many individuals are incorporating CBD into their health and wellness lifestyle to help them feel a sense of calm.

A Study Concerning the Effects of CBD on Anxiety

Recently, a peer-reviewed study was conducted on the effects of CBD on anxiety. The results were as follows: Overall, existing preclinical evidence strongly supports the potential of CBD as a treatment for anxiety disorders. CBD exhibits a broad range of actions, relevant to multiple symptom domains, including anxiolytic, panicolytic, and anticomulsive actions, as well as a decrease in autonomic arousal, a decrease in conditioned fear expression, enhancement of fear extinction, reconsolidation blockade, and prevention of the long-term anxiogenic effects of stress. Activation of 5-HT_{1A}Rs appears to mediate anxiolytic and panicolytic effects, in addition to reducing conditioned fear expression, although CB₁R activation may play a limited role.

By contrast, CB₁R activation appears to mediate CBD's anticomulsive effects, enhancement of fear extinction, reconsolidation blockade, and capacity to prevent the long-term anxiogenic consequences of stress, with involvement of hippocampal neurogenesis.¹

CBD Explained

Our brains and nerve cells have cannabinoid receptors, so our bodies react naturally to cannabis (industrial hemp). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with industrial hemp, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory, and much more.

CBD derived from Hemp Oil is becoming a trusted source by many individuals for its multiple benefits.

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

Your CBD Store Products

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

Source:

1. <https://link.springer.com/article/10.1007/s13311-015-0387-1>

About Your CBD Store Products

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

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

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

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

Your CBD Store

Though hemp and marijuana are both cannabis plants, they are not the same. The chemical composition is different, especially when it comes to THC levels. Hemp has a much lower THC level, less than 0.3%. Our CBD products come in various forms and dosages to meet each customer's needs and preferences. You can choose from water-soluble, edibles, tinctures, soft gels, vaping e-liquids, and topical applications. We even have tinctures and CBD treats for pets.

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DISCLAIMER: At no point can we guarantee that a false positive on a drug test will not occur. CBD and THC-9 at this point are difficult to distinguish in field tests and other quantifiable drug tests. We do not recommend you take the product if this is a sensitive issue at your workplace, instead show your employer our HPLC lab reports for our CBD products to begin starting the conversation.

**The statements have not been evaluated by the Food and Drug Administration. The products are not intended for the cure, diagnosis, mitigation, treatment, or prevention of disease in man or animal.*

Debunking the Myths About Hospice Care

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

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

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

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

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

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

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

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

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

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



MYTH: "Hospice is just for the elderly."

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

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

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

MYTH: "All hospices are the same."

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

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

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

Gulfside Hospice – Serving Patients for 30 Years

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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



Dr. Sunil Panchal of the National Institute of Spine and Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and

The National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558
10740 Palm River Rd, Suite 490, Tampa, FL 33619
(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

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

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

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

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

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

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



VIRTUAL VISITS AVAILABLE!
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Does Hearing Loss Affect Cognitive Function?

By Michael Branch, MD

Age-related hearing loss, known as sensory-neural 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 mid-century. 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, FL. His first love was music, playing drums in various rock and roll 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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The Tampa YMCA Welcomes Back Members

The YMCA's of Tampa Bay are excited to be back open, welcoming back members. The gradual reopening began Wednesday, May 20.

“Our doors may have been closed, but the Y hasn’t stopped serving the community,” said Tampa Metropolitan Area YMCA President & CEO Matt Mitchell. “We’ve been hard at work providing emergency services to essential workers, families and our neighbors in need. We will continue to engage and serve all people where they are, including through virtual offerings and outreach services for those who continue to practice social distancing and those who need special support during these challenging times.”

The Y’s have put careful thought and planning into its reopening. Following guidance from the CDC and government officials, the Y updated its policies, practices and procedures to ensure the highest standards of cleanliness. They also made appropriate accommodations for social distancing to create a safer environment as members get back to focusing on their health and their community at the Y.

“While we can’t predict the long-term effects of COVID-19, we are committed to doing whatever is necessary to ensure the safety of our members and staff. The way we’ll interact with each other will be different, but at the Y, you’ll always be able to connect with people, improve your health and wellness, nurture your children’s potential and help strengthen our community,” says Mitchell. “Although we are back open, we encourage our members to return at their own pace and when they feel comfortable. We care about our members and their well-being. The Y is more than a gym...we are a community.”

Member Protection:

- Members will be asked to verbally affirm they meet wellness screening requirements prior to utilizing the facility.
- Members will be asked to use hand sanitizer or wash their hands before utilizing any equipment or participating in any program.
- Members will be required to clean equipment after each use.
- Each family center and wellness floor will have capacity limits based on size. Additionally, group exercise classes have limited capacity.



- Members will be asked to practice State of Florida guidelines regarding social distancing in all program areas, facilities and swimming pools.
- Coffee service has been suspended.
- Lobby furniture, tables and seating throughout the facilities and pool furniture have been spread out to promote social distancing.
- Select water fountains will have disposable cups to use, and water fountains without cups have been disabled. Water fountain bottle fillers will be active and members are encouraged to bring their own bottles.
- All Y Associates interacting with members and program participants indoors will wear face coverings unless engaged or leading an active program or physical activity (i.e. group exercise instructor, sports leader, etc.)

Enhanced Cleaning:

- Y Associates will wipe down surfaces hourly and will work with members to ensure equipment is wiped down after each use.
- Stay & Play child watch will be deep cleaned midday and evenings.
- All surfaces that cannot be wiped down will be taken out of service. This includes rope pull-downs, bands and other fabric items.
- Y cleaning contractors are all trained in cleaning protocols regarding disinfection, utilizing cleaning products approved to kill viruses.

Virtual Programs for the Entire Family

Take advantage of Virtual YMCA! To help you stay active, healthy and connected in your own home, and on your own time, access free virtual fitness classes, youth and family activities, at-home resources for you and your family and helpful tips on how to safeguard our health by visiting <https://www.tampaymca.org/programs/virtual-ymca>.



YMCA Summer Camp - for more information and to sign up visit: www.tampaymca.org/letscamp

Tampa YMCA camps and staff are experienced and ready for a safe, exciting and fun-filled summer adventure. When summer camp begins, the Tampa Y will have provided 10 weeks of relief care for children of essential workers. The safety of campers and staff is the Y’s top priority and its staff are experienced in keeping children and staff safe, especially during these uncertain times.

The Y has collaborated with the American Camp Association to create educational resources for camps, parents, and campers as well as state and local health departments. Also engaged in the process was an independent expert panel that included specialists in pediatric medicine, epidemiology, infectious disease management, biological safety and industrial hygiene. Some of the ACA camp operations guide its following include the following protocols:

- Before children and staff are checked in, their temperatures are taken. For the safety and well-being of others in camp, those running a temperature of 100.4+ degrees cannot attend.
- Staggered curb-side check-in.
- Low ratio camp groups spread throughout the whole facility. Campers remain in their same small groups throughout the week.
- Individual and spaced out activities to practice safe social distancing. Limited sharing of supplies.
- Ample access to hand washing and hand sanitizer stations, especially at check-in, before meals and after restroom use.
- Y staff intentionally teach and encourage good hand hygiene, respiratory etiquette and follow a strict sick child/staff policy.
- Significant disinfecting of supplies and activity areas throughout the day.



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
• Liposuction	• Breast Augmentation	• Face Lift
• Body Lift	• Breast Lift	• Nose Reshaping
• Coolsculpting	• Breast Reconstruction	• Eyelid Surgery
• Arm Lift	• Breast Reduction	• Ear Reshaping
• Tummy Tuck		• Brow Lift
MED SPA	• Dermal Fillers	• Waxing
• Laser treatments	• Sclerotherapy	• Dermaplaning
• Photo Rejuvenation	• CoolSculpting	• Acne Treatments
• Chemical Peels	• Silk Peel	• Medical Grade Products
• Botox	• Kybella	

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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>

When You Are At Your Wits End

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

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

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

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

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

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

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

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





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