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Health & Wellness[®] MAGAZINE

June 2020

South Tampa Edition - Monthly

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**SOLVING
COVID-19
REQUIRES
THINKING
DIFFERENTLY**

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**WHEN TO VISIT
AN URGENT CARE**

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**SURFACES ARE
'NOT THE MAIN WAY'**

Coronavirus Spreads, C.D.C. Says

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HOW FULFILLED ARE YOU?

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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.



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Solving COVID-19 Requires Thinking Differently

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

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

Using a treatment called hyperbaric oxygen therapy (HBOT), doctors can raise the percentage of oxygen you breathe to more than 140% due to the laws of physics and how they relate to atmospheric pressure. High quality and peer reviewed studies have shown that HBOT can saturate the parts of the blood that are not red blood cells (plasma) so thoroughly with oxygen that it can sustain life even without the red blood cells that normally transport oxygen being present.

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



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

The COVID-19 virus specifically attacks and damages cells in the leaves of the respiratory tree, or alveoli called type 2 pneumocytes. These pneumocytes are the cells in the alveoli that help keep these little bags of air from sticking shut by producing something called surfactant. Surfactant keeps the alveoli open by reduces surface tension thus

making it easier for the bag to expand and for us to breathe in-and-out. When these cells are attacked, they are taken over by the virus to make many copies of the virus, which ends up killing the cell and causing many of the breathing issues people are experiencing. The reduced number pneumocytes and surfactant is what makes it very hard to breathe because the alveoli cannot expand and contract as easily as they normally do. People struggle with a significantly increased work of breathing due to the resistance created by the loss of the surfactant and those who already have bad hearts or lungs are especially likely to have such a hard time breathing that they can get to a point where they need a mechanical ventilator to push air into the lungs. The end result is that patients with this infection cannot oxygenate their body well enough which is what our lungs do and our bodies need for survival. The term used for this is Hypoxia or Hypoxemia.

If a doctor increases the amount of oxygen a person breathes to 100% from the normal 21% then that can help patients get more oxygen into their bodies, but not enough. Additionally, COVID-19 decreases the red blood cells' ability to carry oxygen; effectively starving the cells. There also does not seem to be any added benefit of a boost in healing nor stimulation of the body's immune system when you only breathe 100% oxygen.

Another effect of hyperbaric oxygen that can lead to benefit is that it reduces the diameter of the blood vessels. This is called vasoconstriction. This is particularly important for COVID-19 infected patients because the reduction of oxygen from the lung destruction can lead to a dangerously dilated or wide-open blood vessel that can dangerously reduce blood pressure and allow for fluid from your blood to leak into your lungs (pulmonary edema). HBOT can slightly increase blood pressure and avoid massive swelling by causing the narrowing of the blood vessels or vasoconstriction. Additionally, the increased percentage of oxygen the body experiences can help it by producing approximately 200% more stem cells than normal, which are an important part of the body's healing process.

Another important benefit of HBOT is that it can help with a process called angiogenesis. This is when your body makes new blood vessels to get oxygen to areas that have blocked blood vessels, whose blood vessels are damaged or not working correctly or because of the demand from tissues that are working harder than they normally do. These new blood vessels provide a new path for the oxygen to be delivered to the tissues that need it so those tissues can heal faster. This increased oxygen helps your body to produce more collagen, which is an important part of the scaffolding of every cell.

HBOT is a non-invasive, scientifically proven methodology for increasing oxygen supply to the body which has been in use for hundreds of years. A recent study conducted in China at Wuhan River Shipping General hospital declared symptoms of shortness of breath and chest pain were reduced after only one hyperbaric treatment. After two treatments the symptoms effectively disappeared. The respiratory rate decreased slowly and oxygen saturation in the blood (pulse oximetry)



rapidly returned to normal after the 5th treatment. The paper goes on to say that in addition to relief of hypoxic symptoms in all patients, the general state was significantly reversed. The GI (gastrointestinal) symptoms are reduced, appetite is restored, headache disappeared and mental state was improved. We acknowledge this study was performed in the country of origin of the disease and has a small number of participants. But many studies are ongoing and in the process of recruiting individuals.

To date there are 12 studies world wide at notable research institutions such as NYU Langone Health, Ochsner Medical Center New Orleans, Louisiana, NYU Winthrop Hospital, Mineola, New York, Sainte Anne Military Teaching Hospital, Toulon, France, The Wound Treatment Center, Opelousas, Louisiana, United States as well as Studies in Zerifin, Israel. Additionally, there is a study in the works right here in Tampa at the Undersea Oxygen Clinic <https://www.underseaoxygenclinic.com/> which is being partially funded by the University of South Florida, Medical Engineering Transdisciplinary Department Research Fund as well as assistance from FAST MD <https://www.fastmd.com/> to determine if hyperbaric oxygen therapy is useful to decrease recovery duration for patients who have had COVID-19 and persist with difficulty breathing (pulmonary symptoms), low pulse oxygen (transcutaneous PO₂s) and the feeling of exhaustion (lethargy) during their recovery.



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As a provider, medical professionals must evaluate the cost vs. benefit of each protocol. We believe that most everyone agrees that the current methodology for treatment lacks adequate results. Thinking differently about the problem and possible solutions will increase options and may improve outcomes.

HBOT must be administered under physician supervision and the patients should be evaluated continually by professional staff members with significant experience in critical care. Obstacles to patient care must be overcome such as the risks associated with HBOT and patients with fevers. A fever has been shown to increase likelihood of oxygen toxicity. For this reason, patients should only seek HBOT from reputable hyperbaric centers who understand the physics and physiology and have staff well trained in this and other potential risks with mitigation strategies already in place.

The physics and physiology behind this information are all evidence-based facts from scientific papers published in major journals and as much knowledge as is known about COVID-19 as of May 15, 2020. **While HBOT has not been definitively proven for use in COVID-19 yet, HBOT has a proven track record of success as the main treatment or as an adjunctive or add on treatment for many diagnoses and some of those are also systemic infections.**

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

At no time will our patients be exposed to COVID-19, or other infections. Our stringent infection control protocols and procedures ensure that all patients will be in a disinfected and sanitized area. Our hyperbaric chambers and equipment are sanitized with a hospital-grade disinfectant after every use. All patients are screened in the first floor lobby prior to entry into the elevator that leads to the hyperbaric center. We ask our patients to wear a mask prior to entering the lobby and to contact us if they have a fever or are not feeling well. We will then direct them to their primary physician for follow up, according with CDC guidelines. The safety of our patients is always our primary concern.



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:

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

5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

The Regenexx 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.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



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- » EAR RESHAPING
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When to Visit an Urgent Care

When you, your child, or a loved one has fever, sprains an ankle, gets an ear infection or gets overheated, it can be quite challenging to get a same-day appointment with your primary care doctor, and the emergency room may not always be the best choice.

Choosing between an ER and urgent care can often be very confusing. Urgent care centers could be the best option for minor illnesses or injuries. Urgent care centers are equipped to treat a variety of conditions and injuries with on-site lab and radiology services. Patients may receive care quicker and at a lower cost than a trip to the ER.

Avoiding the emergency room when appropriate, is extremely convenient with BayCare's multiple urgent care locations throughout the Tampa Bay area.

BayCare Urgent Care

BayCare is the leading health system in the region to provide 18 urgent care locations in Pinellas, Hillsborough, Polk and Pasco counties. BayCare Urgent Care offers quick, high quality health care from an experienced team of clinicians for adults and children ages two and older.

BayCare Urgent Care provides convenient access to high quality, compassionate care for patients with medical conditions including minor illnesses and injuries, flu and colds, sprains and strains, urinary tract infections, ear pain or infections, animal or insect bites, minor cuts, stings and burns.

"We focus on giving patients access to the right level of care, in the right place and at the right time," said Nathan Keith Waldrep, MD, chief medical officer at BayCare Urgent Care. "We're here to take care of those episodic injuries and illnesses that pop up occasionally that don't require someone to go into an emergency room and for those that can't see their primary care today."

BayCare offers a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The centers provides school and sports



physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

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](https://www.baycareurgentcare.org) or stop by a
BayCare Urgent Care center.*



Urgent Care

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[BayCareUrgentCare.org](https://www.baycareurgentcare.org)**

How Fulfilled Are You?

Many of us tend to think of ourselves as strong and resilient, able to rise to any challenge. As a result, there can be a stigma around those who seek help. But some changes can only be achieved with the help of others, and some of the most successful people in the world have coaches and mentors that help them break through strongholds.

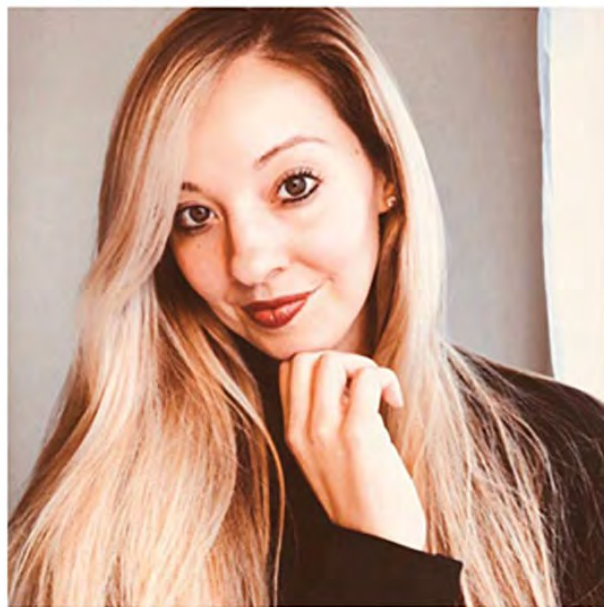
If you find that there is something in your life, your career, or your relationships that need change, the path to change is not one you have to travel alone. Sometimes, it's critical to seek coaching methods and professionals to get out of the same routine and to be released from the same old way of thinking.

If you are motivated to desire change, and you've made the decision to overcome obstacles that are holding you back, it's time to take action.

At this stage, your commitment can begin to really be challenged. Friends, coworkers, and family may unintentionally sabotage your efforts. And sometimes, we can be our own worst enemy full of self-doubt and lack of motivation. Now is the time to use strategies for the preparation and action stages of making real change. This is best accomplished with a confidence and life coach like Nichole, who is IPEC certified.

Nichole has multiple Collegiate Degrees from Biological Sciences to a Juris Doctorate, while currently pursuing her M.S. in Clinical Psychology at Palo Alto University. She followed her truth and her desire to help others with the power of what she'd learned through her career to be truly successful in life. She became an IPEC Certified Coach and aligned her values with her calling.

She helps clients who are feeling unmotivated to accomplish their next big GOAL or are questioning their GREATNESS. During weekly sessions, she will help you discover what is blocking you and how you can shift that so you can feel amazing and live the life you were meant to!



We caught up with Nichole to find out more about her program.

Q: What made you want to become a Confidence coach?

A: During Law School, I worked at a few firms. I found myself to be stressed and unhappy in that atmosphere. I always live by the mantra that life is short, and every day should be exciting and fulfilling. If the days do not feel like this, it's time to analyze what is off alignment in your life. I did just that. After graduation, I decided to focus on what made me happy. The answer was helping people to feel great about themselves and decisions that they were making in life. This began my journey to becoming a Life Coach, focusing on Confidence.

Q: How do you help executives or others reach their full potential and success point?

A: I use many different techniques to help people reach their full potential and to feel "unstuck" Every client is different in terms of what they are looking to accomplish, so depending on their goal, I will tailor their sessions to that. Everyone already has the answer within them. I help guide them to pull those answers out. Generally, the core of people not feeling as if they have reached their full potential is a feeling of lacking something from within. I get laser focused on finding exactly what that is, and collaboratively we learn to move past that.

Q: How do you use your confidence course to help people achieve more in life?

A: I use my course as a seven series module to help boost self-esteem, starting with basic positive self-talk. According to the National Science Foundation, an average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are NEGATIVE!!! It does not matter if you are a CEO, Rockstar, actress, teacher, or in sales, everyone experiences these thoughts. My course has been constructed to help combat these thoughts and realign your happiness and purpose to focus on living the most fulfilling life possible. Once my clients start to see themselves in a positive light, and champion themselves through the day, the results are limitless.

Q: Who can you help?

A: I can help anyone who is struggling with self-esteem, career, relationships, or finances. At the center of each struggle is a common core; not feeling worthy enough. This is all directly correlated with confidence. My program starts from within to heal what is broken or missing, all while being in safe, nonjudgmental space.

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

By Jason Waz, President of Competitive Edge Physical Therapy

Utilizing Technology to Elevate Physical Therapy and Achieve Optimal Health

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



What is TelePT?

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

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

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



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

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

Unique benefits of TelePT services include:

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

Virtual vs. In Person Appointments—What to Expect

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

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

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

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



813.849.0150 | neuPTtech.com

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

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



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

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

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

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

Sign up for Virtual Classes via their app PureSouthTampa.

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

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

Coco Dunham, Pure South Tampa's Fitness Professional

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

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

Join Pure South Tampa Classes Today!

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

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



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Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

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

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- **100,000 people** giving \$26 funds making 26,000 classrooms Seizure Safe
- **1,000,000 people** giving \$26 funds bringing a cure for epilepsy to market



www.give26.com



The Tampa YMCA Welcomes Back Members

The Tampa Metropolitan Area YMCA, including the South Tampa Family Y at 4411 S. Himes is 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.

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

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).

The National Institute of Spine & Pain

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SURFACES ARE 'NOT THE MAIN WAY' CORONAVIRUS SPREADS, C.D.C. SAYS

By Jacey Fortin

If you're worried about wiping down grocery bags or disinfecting mailed packages, this C.D.C. guidance might bring some relief. It's not new information; the agency has been saying this for months.

Guidelines from the Centers for Disease Control and Prevention making the rounds this month on the internet are clarifying what we know about the transmission of the coronavirus.

The virus spreads mainly from person to person, rather than via contaminated surfaces, according to the C.D.C. For those who were worried about wiping down grocery bags or disinfecting mailed packages, the news headlines highlighting this guidance in recent days might have brought some relief.

But this information is not new: The C.D.C. has been using similar language for months. If anything, the headlines have pulled into sharper focus what we already know about the virus.

The coronavirus is thought to spread mainly from one person to another, typically through droplets when an infected person sneezes, coughs or talks at close range — even if that person is not showing symptoms.

"The virus that causes Covid-19 is spreading very easily and sustainably between people," the C.D.C. says on its website. "Information from the ongoing Covid-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious."

The website also says that people can become infected by "touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes." But those are "not thought to be the main way the virus spreads."

According to cached versions of the website that are available online, this language has remained largely unchanged since at least late March.



The format of the C.D.C. website was slightly altered at least twice this month, but the language about surfaces remained largely the same. On May 11, it appears to have been placed under a new subheading — "The virus does not spread easily in other ways" — and more information about the difficulty of catching the virus from animals was added.

That change appeared to spur the series of news headlines, and on May 22, the C.D.C. said in a statement that "after media reports appeared that suggested a change in C.D.C.'s view on transmissibility, it became clear that these edits were confusing."

So the agency made another edit. Now, the language about surfaces is under a new subheading: "The virus may be spread in other ways."

Experts at the C.D.C. and elsewhere are still learning about the new coronavirus.

There are questions about how the density of virus particles could affect transmission rates. Researchers don't yet know whether all speech, cough and sneeze droplets carrying the particles are equally infectious, or if a specific amount of virus needs to be transmitted for a person to get sick by breathing it in. A study last week found that talking alone can launch thousands of droplets into the air, and that they can remain suspended for eight to 14 minutes.

It seems that the virus spreads most easily when people are in close contact with one another — in a conversation, for example — or gathered in poorly ventilated spaces, said Linsey Marr, an aerosol scientist at Virginia Tech.

She said that in order for a person to catch the virus from a surface, it would seem that a few things would have to happen. First, the virus would have to be transmitted to the surface in large enough amounts. Then, it would have to survive on that surface until it was touched by someone else. And even if it was eventually transferred to, say, a person's finger, it would then have to survive on the skin until that person happened to touch an eye or mouth.

"There's just a lot more conditions that have to be met for transmission to happen via touching these objects," Dr. Marr said.

A lot of what we know about how long the virus lives on surfaces comes from a study published in The New England Journal of Medicine in March. The study found that the virus can survive, under ideal conditions, up to three days on hard metal surfaces and plastic and up to 24 hours on cardboard.

And since catching the coronavirus from a contaminated surface is still considered a possibility, people who prefer to wipe down bags, boxes or park benches can still do so. The C.D.C. recommends washing your hands often and regularly cleaning or disinfecting frequently touched surfaces.

Source:
<https://www.nytimes.com/2020/05/22/health/cdc-coronavirus-touching-surfaces.html?smid=em-share>

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.

There 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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