TAMPA BAY'S

## July 2020

Pasco/North Tampa/New Tampa Edition - Monthly

MAGAZINE

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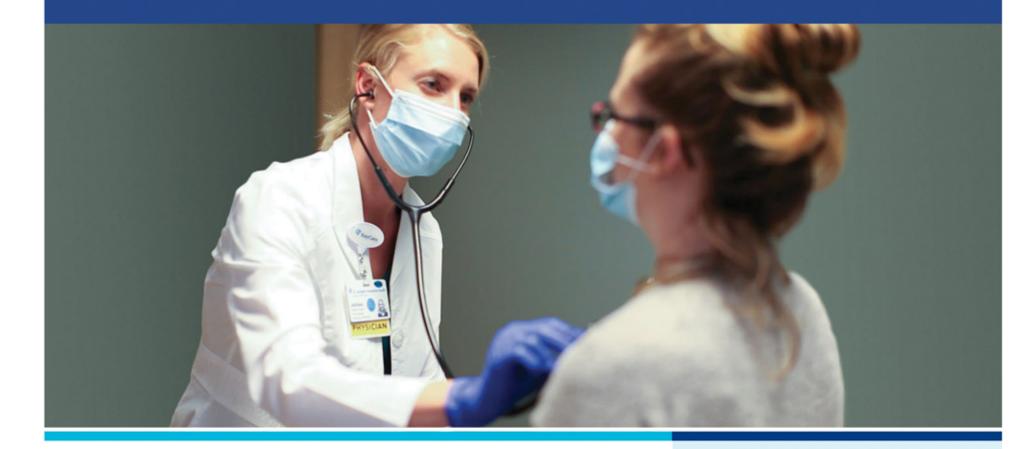
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# Preventing Infection in Adults and Children in Times of COVID-19

**BayCare Medical Group** 

ith all of the news pointing to a second wave of the Novel Coronavirus, we wanted to get insight from the medical community. We spoke to two of BayCare's physicians about their tips for patients and individuals throughout the Pasco community. Dr. Radhika Ranganathan, a pediatrician, and Dr. Steven Shechtman, an Internal Medicine physician both provided valuable insight.

#### Question #1—Second Wave

There seems to be an "out of sight, out of mind" mentality happening as we are now seeing more and more people not wearing face coverings at the grocery store and other public places. As physicians that deal with illness and infections daily, what do you feel needs to happen to prevent an uptick in local and national cases?

**Dr. Ranganathan:** It's essential to maintain social distance, and absolutely to wear a mask to slow the progress. I expect that we will need to wear face masks for at least three months or more when in public places. The younger population are the ones currently that seem to be getting affected, so reminding them of the importance of these safety precautions is critical to prevent the spread and a significant second wave.

**Dr. Shectman:** Following up on Dr. Ranganathan's recommendations, in order for a second wave to be prevented, people need to adhere to the basic principles. Ideally, each person should wear a face covering, stay six feet apart, maintain social distancing, and practice good hygiene.

If individuals have underlying medical conditions, they need to be especially careful when out in public or around friends and family that might be contagious. Many studies are purporting that asymptomatic people do not spread the virus as initially believed. If this is the case, that is excellent news, as it makes it easier to self-regulate and stay healthy.



#### Question #2—Back to School Concerns

Dr. Ranganathan, there is a certain level of concern for parents regarding their children heading back into the classroom, and other activities such as scouts and sports. What advice do you provide parents to keep their children safe?

**Dr. Ranganathan:** Minimizing socialization as much as you can is my advice to parents. We don't know who is affected, so it's important not to jump back into things yet.

In the classroom, spacing out children and limiting class size is going to be very important if children do go back to school in the fall. Practicing proper hygiene and wearing face coverings is also essential. Even in daycare or schools where children might seem to have a cold or be ill, it's not optimal to get a note from the pediatrician saying they can attend anyway. Everyone must be extra cautious to avoid spreading the virus. If a child has a cold, their immune system is lower than if they are healthy.

I recommend that parents maintain their children's physicals and vaccinations regularly. Many people might be apprehensive about going to the doctor's office, but they should know that we at BayCare take extra precautions to keep our staff and patients healthy. In our office, we check the practitioner's and the staff's temperatures every morning. We wear face masks at all times, and everything is cleaned thoroughly from the chairs to the equipment after each patient's appointment.

#### **Question #3—Adults Reentering Society**

Dr. Shechtman, what's your advice for adults worried about going back to work, college or just getting back out there in the world. How can we boost our immune systems, stave off COVID-19, protect others, and maintain a sense of normalcy? **Dr. Shechtman:** To reach herd immunity, we need 60% of the population to have COVID-19, and we are not there yet. In social situations such as office settings and college classrooms, it's important to space people out away from each other. Wearing face coverings if you are around others is essential, and if you can't tolerate wearing a mask for hours on end, taking breaks alone, outside, or in a private area to breathe normally, can help significantly. It's also imperative to wipe down surfaces and high touch point areas with disinfectant after each use. Anything that someone else has come in contact with should be thoroughly cleaned. And it can't be said enough not to touch your face.

Anyone with a medical condition such as kidney disorders, uncontrolled diabetes, lung conditions, autoimmune disease, etc., should talk with their employer about their concerns and risk factors. If they can work in a more private space or remotely, that might be a better option until the infection rates have calmed down more.

My advice to patients is to take general health measures seriously by exercising, staying active physically and mentally, practicing stress management, getting quality sleep, and eating nutritious foods. Nothing can act as a deterrent, but you can certainly stay healthier by maintaining these principles.

In our office, we take extra care to make sure everything is cleaned and disinfected in between patients. We also have ample space in the waiting areas and require patients and staff to wear face masks.

My last point that I can't stress enough is that if people feel sick, let's say they have shortness of breath, for example, and they go to one of the drive-thru checkpoints to get tested; they still need to contact their doctor and explain their symptoms in detail. If you have shortness of breath, it can be a sign of other lung conditions like COPD or advanced asthma. It can also be a sign of cardiac issues. If you don't feel well, it's critical to see a physician. We hear many reports of increased heart attacks because individuals are afraid to go to the emergency room. We want to encourage patients to call and schedule an appointment. We isolate our patients and set aside blocks of time for those with a respiratory or gastrointestinal issue.



Steven Shechtman, M.D., is board certified in internal medicine. Dr. Shechtman accepts patients age 18 and older.

His focus is long-term, comprehensive and complex illnesses in adults and the elderly. He understands the

essentials of primary care and internal medicine and incorporates the understanding of disease prevention and wellness.

Dr. Shechtman strives to educate his patients on their conditions and become active participants in their care decisions. He is thorough in his patient care and dedicated to his patients and their well-being.

Dr. Shechtman earned his Doctor of Medicine from St. George's University School of Medicine in Great River, New York. He continued his medical education by completing an internal medicine residency at West Penn and Allegheny Hospitals in Pittsburgh, Pennsylvania.

Dr. Shechtman accepts most major insurance plans.



Radhika Ranganathan, M.D., FAAP is board certified in pediatrics and accepts patients newborn to age 18. Dr. Ranganathan is affiliated with St. Joseph's Children's Hospital in Tampa. She speaks Hindi, Tamil, Kannada and medical Spanish.

Practicing since 2005, Dr. Ranganathan is described as the consummate professional. She is extremely patient with children, providing accurate assessments while explaining diagnoses and treatment plans in understandable terms.

Dr. Ranganathan earned her Doctor of Medicine from Karnatak University, Jawaharlal Nehru Medical College (JNMC) in Belgaum, India. She continued her medical education by completing a pediatric residency at All Children's Hospital in St. Petersburg, Florida and Tampa General Hospital. She is a fellow in the American Academy of Pediatrics and a member of the American Medical Association and the Florida Pediatric Society.

#### Dr. Ranganathan accepts most major insurance plans including Medicaid.



#### About BayCare Medical Group

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## The Most Common Causes of Cartilage Loss

By Regenexx Tampa Bay, Regenerative Medicine

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

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

#### The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint ("bone on bone") and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

#### What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal



inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn't any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.

#### Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it's actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally. Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

#### 1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

#### 2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

#### 3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

#### 4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

#### 5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

#### 6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDS, and other drugs when not essential.

#### 7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.



#### Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physi-

cian to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

#### 8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

#### 9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.

#### The other physicians at Regenexx Tampa Bay are:



**Ron Torrance II, D.O.** - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has

achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time

with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



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- Ricardo M. Age 67, Tampa

"I have had pollen sensitivities as long as I can remember. Springtime is always the worst. My eyes water and itch, my nose runs, and I feel miserable. I have hated taking the medication to dry up my sinuses. When I got my Healy, I ran the programs for ALLERGIES, IMMUNE SYSTEM and COLDS. Wow! I can breathe and my head, nose, eyes and throat feel normal." - Mitchell G. Age 32, Washington, D.C. In the June Issue of Health & Wellness magazine I shared how Healy had helped me to recover from a fractured humerus and torn rotator cuff in only 5 months. (It takes most people at least 18 months to fully heal from that type of injury.) The past six months have been very stressful for most people given the current pandemic. On December 30, 2019 my mother had a stroke. Since then I have made two trips to Minnesota and spent 12 days guarantined in her apartment in March. As my mother was up all hours of the night it had a dreadful impact on my ability to sleep. The Healy programs for FATIGUE, SLEEP, EXHAUSTION & EXTREME STRESS got quite a bit of use. Sometimes, when I was having a hard time falling asleep, I would run a Healy SLEEP program and find that within minutes, I could barely keep my eyes open.

In my many years as a holistic health practitioner I have never seen anything that works as well as the Healy for so many issues and health challenges.

To inquire about the different Healy Editions, Healy sessions, locations, pricing and special offers, please contact me directly.

> Penelope Taylor - 202-423-8888 http://www.BioEnergeticWellness.Solutions Health.penelope@gmail.com (Subject: Healy Inquiry)

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- Job
- Skin/ Beauty
- Learning
- Meridians
- Chakras

Fitness

- Bioenergetic Balance
- Protection Programs

## Hot Summer Months Ahead: Temperature Regulation is Critical Especially During Exercise

Summer in Florida can be somewhat unbearable with temperatures in the upper 90s to triple digits. And on top of the hot temperature, the humidity makes it feel much warmer than it actually is. This mix can be dangerous if you are not taking the proper precautions to stay cool.

#### How our Bodies Regulate Temperature

Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. However, when the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or take in cooler air from, as the temperature is higher hotter than it is the bodies.

When this happens, we need to seek shade or preferably an air-conditioned area to cool down our internal and external temperatures. Drinking cool/cold water is also critical.

#### The Dangers of Not Cooling our Temperature Down

Sweating can quickly escalate into dehydration: therefore, it's critical to stay hydrated with cold water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. The loss of these minerals can be detrimental to your cardiac health if you suffer from any heart conditions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic rise in blood pressure, which creates a pooling of blood into the lower extremities. Syncope causes collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.

#### **Exercise Precautions**

Because of the dangers of heat on the body, it's imperative NOT to exercise outdoors when it's hot. If you need to get in a workout, try one indoors at the gym or at home. YouTube offers a wide array of free exercise classes online, or you can swim if you have access to a pool.

## Water-Based Exercise Increases Oxygen & Keep You Cool

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases, arthritis, or balance issues. The level of oxygen in the blood increases with water aerobics, which is ideal for everyone, especially those with vascular problems. The oxygen consumption (VO2) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen or VO2. Doing the same level of exercise on land increases the heart rate at a much higher level than with water-based therapy and can be dangerous for some individuals. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Exercise improves circulation, lowers blood pressure, helps elevate mood, increases stability, protects (and regenerates) bone health, raises HDL, lowers LDL cholesterol levels, burns body fat, increases muscle strength, and much more.

#### Heat Disorders Must be Treated Promptly

Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cold water and call 911 if symptoms persist.

#### Tips to stay cool and avoid heat-related issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have any underlying heart disorders, you should talk to your cardiologist about specific ways to exercise and stay cool that will not interfere with your fluid and sodium intake issues.

#### 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 find out more about Aston Gardens please visit their website at AstonGardens.com, or call 813-448-3160.



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# CBD Healthcare Company Tampa The Source You Can Trust

The choice of Chiropractic, Physical Therapy, and Sports Protocols

company with a long history of serving professional spa, chiropractic, therapeutic and massage practitioners around the world, is now serving its' customers with the most comprehensive CBD product line for skincare, skeletomuscular relief, and massage. Working with nationally recognized industry leaders our products are being rapidly integrated into protocols to ACTIVATE, RECOVER, REGENERATE, and REBUILD.

Whether it is facial, muscular, or joint related, CBD is the most complimentary treatment for protocols involving activation of the cells (skin, muscles, and joints) to resolve inflammation managing the process of collagen restructuring, healing, and relief. We are partnering with clinics throughout the United States integrating our topical products for protocols such: as Instrument Assisted Soft Tissue Manipulation (IASTM) or "scraping", percussion and deep tissue massage; pre-workout activation to stimulate the skelomuscular system for peak performance and injury avoidance; post-workout to enhance recovery and rehabilitation for both athletes as well as folks with chronic issues; as part of or in between your facial treatments our products compliment facial protocols by resolving inflammation, puffiness, balancing sebaceous oil production, and enhancing the collagen production and restructuring to eliminate wrinkles improving skin elasticity.

Now professionals and at-home consumers are turning to CBD Healthcare Company as the trusted source for responsible ingredients, rigorous testing and effective concentrations of CBD.

CBD Healthcare Company products are available nationwide, but in the Tampa area, Walsh and Wellman say they're seeing increased sales of the company's muscle relief salves and lotions. In addition to CBD, our THC FREE broad spectrum products' include proven best-in-class treatment ingredients like MSM and Capsaicin are known to enhance muscle and joint recovery – widely being adopted pre-workout to ACTIVATE; or Hyaluronic Acid, Retinol, Enzyme CoQ10 for facial.



"We're seeing a lot of athletes including cross-fit, triathletes, bodybuilders, golfers, lacrosse, tennis, soccer and others using these products especially as the technology for athlete peak performance and recovery is moving into your homes, local gyms, and on-line training.

All of our facial and skeletomuscular topical products are derived from cloned industrial hemp using pharmaceutical FDA GMP approved processes to deliver professional grade high concentrations for stimulating the endocannabinoid system (ECS). The ECS is reported to promote homeostasis resolving inflammation enabling our cells to recover and heat naturally through improved delivery and restructuring of collagen. This results in providing better circulation and pain relief as well.

Walsh says CBD Healthcare Company's manufacturing process is traceable from the plant genetics to the finished, high-grade formulas. A QR code on each product accesses a third-party certificate of analysis for each product and lot number. A second certificate of analysis provides the full profile of hemp extract. Extracted from hemp grown in America with U.S. agricultural permits.

Some of the rapidly growing interest in CBD products for pain may be attributed to a recent press release from the Arthritis Foundation. Arthritis means "inflammation of the joints" and refers to any condition where joints in the body become aggravated by an immune response. The

CBD Healthcare Company's complete line of massage, muscle relief and skincare products can be found at https://www.cbdhealthcarecompany.com/, and is also distributed through Scrip Companies, via Massage Warehouse, ScripHessco and Bodyworkmall. Follow us on Instagram cbdhealthcarecompany or go to our website.

CBDHealthcareCompany.com also offers a dedicated Pro Shop for professionals to place orders at wholesale prices and learn more about CBD, ingredients, testing and formula application. In the next months we will adding a training and education segment where you will be able to go for examples of exercises and protocols to ACTIVATE, RECOVER, REGENERATE, and REHABILITATE/REBUILD as part of your daily wellness or athletic training regimine.





Statements have not been evoluated by the Food and Drug Administration, CBD Healthcare Company products are not intended to diagnose, treat, cure or prevent ony disease.

## Autism Spectrum Disorder: Can Hyperbaric Oxygen Therapy Help?

utism is a spectrum disorder that is quickly increasing in rates across the world. Here in the United States, it is one of the fastestgrowing developmental disabilities affecting up to 1. 5 million. Commonly, social interaction and communication dysfunction are prevalent. While there are degrees of the spectrum disorder and impacts, the most common is Pervasive Developmental Disorders/ PDD0.

The causes of Autism are still unknown, but many medical professionals and researchers feel that hypoxia (lack of oxygen to the brain) is a key element. Some also feel that infections, toxins, inflammation, and deficiencies also contribute to the disorder.

Hyperbaric Therapy for Autism – Worldwide, medical researchers are discovering promising results with the effects of hyperbaric therapy on persons with Autism. Hyperbaric oxygen therapy increases oxygen levels, reduces inflammation, helps the body remove toxins and regenerate tissues.

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.

Hyperbaric oxygen therapy is therapy is an FDA approved and lifesaving remedy for multiple conditions such as carbon monoxide poisoning and decompression sickness (the bends), and it has many off-label uses such as autism spectrum disorder.

#### HBOT Autism Research

A highly publicized study in the *BMC Pediatrics Journal* concluded that HBOT helped children with Autism improve language skills, social interaction, eye contact, and sensory awareness.

This was a randomized, double-blind, controlled trial. During hyperbaric treatment, patients inhale pure oxygen in a sealed chamber that is usually pressurized at more than 1.5 times the normal atmospheric pressure.

During this study, 30 children at eight centers underwent 40 one-hour treatments in a hyperbaric oxygen chamber, which contained 24 percent oxygen at 1.3



atmospheres of pressure. A control group of 26 children received 21 percent oxygen, at 1.03 atmospheres, which is similar to average oxygen levels.

The researchers found that 30 percent of the children in the treatment group had significantly improved compared with only 8 percent in the control group. These improvements included reductions in irritability, hyperactivity, and repetitive behaviors.

It's always important to speak to your specialist, talk to other parents that have tried HBOT, and also to research any alternative options on your own. If you decide to try HBOT for your child with Autism Spectrum Disorder, finding a reputable, experienced, trustworthy clinic is critical.

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 Multiplace 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.

\*DISCLAIMER This information is for informational purposes only and is not intended to replace the advice of a physician! Anyone who wishes to embark on any medical program intended to prevent or treat a specific disease or condition should first consult with a qualified physician!

## • 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.

# Why You Shouldn't Put Off Your Gynecological Appointments

By Parveen Vahora, M.D.

s with the majority of diseases and disorders, gynecological issues will have optimal outcomes if they are diagnosed and treated early. During a regular gynecologic wellness examination, physical symptoms are not only examined, but screening and critical diagnostic testing is recommended and done. If you have any irregularities, further testing will be recommended for your specific needs. Problems can be identified and solved.

Every woman needs a gynecological evaluation and examination at least once a year. Most insurances cover the gynecological wellness once a year with no cost (no copay, coinsurance or deductible) for patients are under 65.

#### Gynecological Examinations Recommended by Age

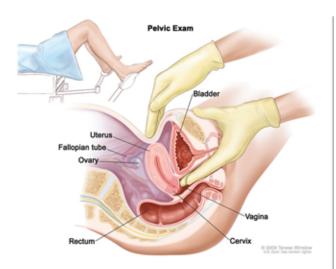
- Girls between 13-20 should have a reproductive health discussion and/or an examination with a gynecologist.
- Annual exams (breast and pelvic) should be provided upon sexual activity or at the age of 21.
- Pap tests should be included upon sexual activity, abnormalities/symptoms, or at the age of 21.
- Women between 21 and 65 years of age, should continue to have annual wellness examinations and PAP tests.
- Women older than 65 should continue to have gynecological examinations on a regular basis. Most insurances limit the breast/pelvic/pap to every 2 years. But the problem visits are unlimited.

Women who are going through or those that have gone through menopause or surgical removal of ovaries/uterus should continue to see a gynecologist to regulate hormones, diagnose osteoporosis, discuss vaginal atrophy solutions (painful sex), and examine breast and pelvic region for masses, growths or abnormalities.

#### What Can be Detected?

During the discussion with Dr. Vahora or Connie Moler APRN they will address your gynecological health and determine what is needed, testing and or treatment.





A pelvic examination allows your gynecologist to check your vulva, vagina, cervix, uterus, ovaries rectum, and pelvis. A PAP test will screen you for cervical cancer or pre-cervical cancer. STD and HIV testing are also recommended for specific age groups and sexually active individuals. Undiagnosed STDs can lead to permanent reproductive damage and other adverse conditions.

Cervical Cancer was once a leading cause of death in women. Those statistics have changed. In fact, diagnosing precancerous cervical lesions is now more common; this is achieved through preventative pap smear tests. Women that receive annual Pap tests are preventing cervical and other genital cancers. When these precancerous lesions are discovered early, they can easily be treated and monitored right in your gynecologist's office. However, this is another reason why you should NEVER skip your annual wellness examination.

The majority of cervical cancer and pre-cervical cancer diagnoses are related to or caused by the Human papillomavirus (HPV) infection.

## The Symptoms of Cervical Cancer are Sometimes Vague, but May Include the Following:

- · Abnormal menstrual bleeding
- Bleeding after intercourse
- Bleeding after menopause
- Pain during sex
- Pelvic Pain
- Spotting
- Vaginal discharge
- Back Pain

The HPV vaccine is highly recommended for teens, young adults and up to the age of 45 years old to prevent the HPV virus that causes cervical and genital cancers.

#### **HPV Facts & Treatment**

Human papillomavirus infection is the most significant risk factor for developing cervical cancer. HPV is made up of 150 viruses and can infect the cells of the cervix and spreads through sexual encounters, as well as be passed down through childbirth. Other risk factors that exacerbate or lead to cervical cancer are early age of intercourse, multiple partners, a weakened immune system, smoking, chronic infections, having a child in your teenage years, and having multiple full-term pregnancies.

#### **The Silent Danger of Genital Cancers**

There are little to no signs or symptoms of cervical cancer and other genital cancers, so the most proactive way to prevent these cancers from growing is to have regular gyn examination on a routine basis. The evaluation will show signs or symptoms of precancer or cancer. In the gynecologist's office, they can do a simple test to see where the cervical cancer is and can evaluate its severity. Usually, if caught early enough, the cancerous lesions can be removed right in the comfort of the office.

#### 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 may 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, if you no symptoms:

- 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.

If you have a history of precancer or abnormal pap smears or abnormal bleeding or any other symptoms, you will need to have a pap smear every year.

Most insurance covers a pap smear as part of your yearly wellness examination once a year. It's 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. Do not put off your annual gynecological exam. Prevention is the key to maintaining your health.

#### 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.

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

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

## Unraveling the Basics and the Myths of Medicaid in Florida

By Michelangelo Mortellaro; P.A.

alk around the recreation tables at senior facilities - and family dinner tables for that matter - always seems to eventually revolve around someone spinning a tale about what they heard about Medicaid. Most times, the listeners take the storyteller's circumstances and automatically apply them to themselves. They end up thinking their journey to Medicaid benefits will be similar. But the truth is, just as everyone's financial situation is unique, so too is the path to qualifying for Medicaid in Florida. Few paths are exactly alike.

Medicaid is the federally funded program administered by each state that provides monthly financial assistance to those who need help with healthcare costs. Each month the state has X number of dollars to provide to applicants. First, the applicants are assessed by staff from local agencies, then they are ranked in priority based on how at-risk they are. For example, someone who is injured in a fall, recovers in a rehab facility and is about to be discharged home has priority over someone who lives in an assisted living facility, where caregivers are at the ready 24/7. So some qualify as medically needy right away, while others go on a wait list.

#### Levels of care

In Florida, the Medicaid program is overseen by the Department of Children and Families. There are three basic levels within the long-term care program. All of these programs exist to provide financial support to those who need the assistance of another person with activities of daily living. These "ADLs" are typically considered help with eating, bathing/showering, dressing, toileting, housekeeping, medication management and transportation to medical appointments, for example. The level of care is determined by that assessment.

Home care: If you live in your own home, in a family member's home, or in an independent living community, you may be eligible for 10 to 40 hours of help a week. Again, the amount and type of assistance is determined by a face-to-face evaluation. If you had to private pay for these services, it could run you \$800 to \$3,200 a month, with the typical hourly rate averaging \$20-\$23 per hour. If you are on Medicaid, there is no copay or out-of-pocket expenses at this level. In fact, Medicaid will pay your



Medicare Part A and Part B premiums. This could allow you to cancel your supplemental healthcare insurance for even more savings. You may even qualify for some community-based support, such as Meals on Wheels or new ramps and safety features in your home.

Assisted Living or Memory Care: The next level involves living in a facility, where typical ALF costs run S2,200 to S8,000 a month. If the facility you're in has a contract with Medicaid and you qualify for the program, you'll likely receive between S1,100 and S1,400 toward the overall care bill. You pay the difference, but that Medicaid assistance substantially reduces your cost and stretches the lifespan of your assets.

This is a good place to dispel a common misconception. Many people believe that staying in a facility that takes Medicaid means that they are in an inferior environment. Not true. In Florida, these facilities get their full retail price; it's just subsidized, not substandard. There is nothing to feel bad about by choosing these facilities.

Nursing home: The top level of care is skilled nursing care. While each of us would like to avoid ending up here, in Florida, it is in fact better to be sicker. By that we mean that if you qualify for this level, Medicaid typically covers the entire facility bill, minus your income. For example: Let's say you get \$1,500 a month in Social Security as income. You require nursing home care with therapy. The bill: \$18,000 a month. But in Florida, if you are a Medicaid-qualified resident, you can keep \$130 of that monthly income for personal needs. So the facility receives \$1,370 of your income, then Medicaid covers the rest. When you consider that nursing home care, without therapy, averages \$9,000 to \$12,000 a month, this is a substantial benefit right away.

In Florida, there is a wait list for the first two levels above. The wait could be anywhere from two months to two years, depending on your situation. An experienced elder law attorney can present your circumstances in a way that could reduce your wait time.

But if you need a hospital stay then a stint in a rehabilitation facility, that is your fast pass to the front of the line. When you are in rehab or skilled nursing, there is no wait list. You are considered a high safety risk. You typically can receive Medicaid in about 30-60 days.

#### **Income and Assets**

In order to qualify for Medicaid in Florida, you do have to meet income and asset restrictions. In 2020, applicants must have less than \$2,350 in gross monthly income. If you receive more than that and apply for Medicaid on your own, you would be denied. However, by using an elder law attorney, who drafts a Qualified Income Trust, the income overage problem easily is resolved.

The asset limit is just \$2,000 in countable assets. We say "countable" assets because items such as your home and one vehicle are exempt. Now most people have more than \$2,000 in checking, savings and retirement accounts, but an elder law attorney can show you legal and Medicaid-acceptable strategies to eliminate or reduce countable assets. Every case is dependent on the facts.

To sum it up, there is no such thing as too much income or too much in assets when you work within the system with a qualified elder law attorney.

Mortellaro Law has been qualifying Tampa Bay area seniors for Medicaid benefits for more than a decade. Call us today; our initial consultations are always free.

The Law Office of Michelangelo Mortellaro, P.A. 13528 Prestige Place, Suite 106 Tampa, FL 33635 813-367-1500 | mortellarolaw.com



## We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. This Includes Chef-Prepared Dining, Activities, Social Events, & More
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
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- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

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# WHAT IS SKILLED HOME HEALTH?

killed home health services include skilled nursing care (such as wound care, injections and medication management), physical therapy, occupational therapy, and other specialized treatments designed to help you recover from an illness, injury or surgery, all from the comfort of home. This can include a knee or hip replacement, a bone fracture resulting from a fall, a stroke that resulted in limited daily tasks, and so much more.

For the patient, having skilled services at home means you can get back to the things you love doing faster, and learn new ways to keep your independence at home. For the caregiver, it means getting the help you need and finding new solutions and adjustments that fit both of your lifestyles.

## WHO PROVIDES THE CARE IN SKILLED HOME HEALTH?

In order to receive skilled home health services, your primary care doctor will need to refer you to a local agency providing those services. From that agency, you should receive care provided by expert rehab specialists, including physical therapists, speech therapists and occupational therapists, depending on your specific plan of treatment. The skilled home health agency can also provide visits from specially trained nurses and certified nursing assistants to help with the services requested by your doctor and pertaining to your specific needs.

#### WHO CAN I TURN TO IN PASCO COUNTY FOR SKILLED HOME HEALTH?

Gulfside Home Health is the newest division of Gulfside Healthcare Services, which has been serving residents of Pasco County for more than 30 years.

Gulfside Home Health officially launched in April 2019, and because of Gulfside's reputation for quality and compassionate, individualized care, the organization's newest division is quickly taking off. Gulfside Home Health offers skilled nursing services, rehab at home, and so much more for residents of Pasco and Pinellas Counties.



Services offered by Gulfside Home Health include skilled nursing services and therapy services, all designed to help you maintain your independence, and all from the comfort of home.

Each patient at Gulfside receive a custom-tailored plan of care based on their own individual needs, and the recommendations of the patient's primary care physician. Gulfside Home Health's skilled nursing services include:

- Wound care & dressing changes
- Patient and family education on disease progression, treatment courses, and more
- Medication management
- Injections
- Ostomy care
- Nutrition Monitoring
- Catheter Changes

Instead of going to a rehabilitation facility following a hip or knee replacement, or other surgery or illness, patients can choose to receive their needed rehab therapy services from the comfort of home. This means they can spend more time with family, and be where they are most comfortable. Gulfside Home Health's therapy services include:

- Physical therapy
- Balance training
- Strengthening exercises
- Post-operation rehabilitation
- Speech therapy
- Occupational therapy
- · Fine motor skills training
- · Adaptive techniques training for daily skills

If you believe you could benefit from Gulfside Home Health's services, you can call the Gulfside team to talk to a nurse, or talk to your primary care physician about a referral for evaluation. For more information about Gulfside Home Health's services, or if you have any questions, please call **813-501-8244**, email info@gulfside.org or visit www.GulfsideHomeHealth.org.



813-501-8244 www.GulfsideHomeHealth.org

## HOW MEDICAL GRADE CBD CAN **HELP WITH CHRONIC PAIN & MORE**

here are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have cancer, multiple sclerosis, chronic pain, cognitive damage, rheumatoid arthritis, PTSD, epilepsy, ALS, Crohn's, Parkinson's, Lupus, and many other disorders. Medical grade CBD is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects but derived from hemp.

The treatment for chronic disorders may require a higher dose mg of CBD for many conditions; in this case, it's imperative to work with a physician that is experienced with treating a patient's disorders with medical grade CBD.

#### Recent studies have shown the following health benefits of CBD:

- Reduces inflammation
- · Relaxes organs and tissues
- Relieves pain
- Alleviates Seizures
- Controls & eases muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- · Cancer cell growth inhibitor
- Fights viral infections
- Improves sleep
- Reduces anxiety
- · Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant

#### How Medical Grade CBD works

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, 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.

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level.

CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD oil is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC combines with CBD in the marijuana plant.

Cannabis can be quite effective for many conditions that are difficult to treat using traditional pharmaceutical medications. Some of these include fibromyalgia, irritable bowel syndrome, migraine headaches, seizures, PTSD and neuropathic pain. Medical cannabis should certainly be a consideration for those suffering from chronic diseases, or just looking for a more balanced and comfortable life.

#### BUT BEWARE-NOT ALL CBD IS CREATED EQUAL-QUALITY AND REGULATION MATTERS.

Verséa is a highly-regarded company in the hemp industry that is founded by professionals with vast healthcare and pharmaceutical experience. The most significant issue for physicians wanting to provide CBD is that Verséa s products are medical grade, and it's cultivated in the US. Verséa's products also have high potency and absorption rates due their organic purity and that they are from naturally grown, non GMO plants.

#### HOW VERSÉA CBD IS DIFFERENT.

#### Why Verséa? Proprietary High Grade Products

The Verséa product line is clinically driven and scientifically differentiated though formulation processes and technology intended to improve functional attributes and performance of the product.

#### Pharmaceutical Approach

While Verséa's commercial Farm Bill CBD is not a pharmaceutical product, Verséa is using pharmaceutical manufacturing and quality standards in the manufacture and control of their commercially available products. These standard include:

- Quality control systems
- Validated manufacturing processes and controls
- Conform to FDA/USDA & cGMP regulatory standards

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Dr. Sunil Panchal is offering medical grade Verséa CBD for his patients. He has seen marked results from patients with chronic pain, fibromyalgia to migraine headaches.

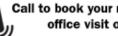
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At The National Institute for Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment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

At the National Institute of 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 Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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## **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.

o 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, S0s) 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. GAINESwave 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. 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-ls 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 became "normal" again after prostate cancer and I am in treatment using the Gainswave technology along with the P-shot injectians..."—Dan

"I have been coming to Physical Medicine Center for manyyears. 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 198S. 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.

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

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## the Summer Camp at The Y: Putting Safety First

ummer camp at the Y may feel and look a little different due to COVID-19 but Tampa Metropolitan Area YMCA Vice President of Operations Bart Cape assures parents "at the end of the summer and at the end of the week when your child comes home, we definitely know that they have had a great experience and it will be certainly something they will never forget."

Bart says as a parent himself, he's always thinking about safety and that's no different at the Y. The safety of campers and staff is the Y's top priority. "We're always thinking about our children to make sure they're in a positive, safe environment. We are prepared for that at the Y. We've got a lot of safety protocols we've put in place."

- 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.
- Lower ratio camp groups spread throughout the whole facility. Campers remain in their same groups throughout the week.
- Individual and spaced out activities to practice safe social distancing where possible when inside. 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.

The extra precautions, which Y camp leaders and counselors have been trained on, follow the recommendations of the American Camp Association (ACA), Centers for Disease and Control Prevention (CDC) and other medical professionals. The Tampa Y staff are very experienced in keeping children and staff safe, especially during these uncertain times. "We've got thousands of campers who've come to us in the summer. We have a lot of trust there and we've really been able to do that even more in the last ten weeks with our Youth Relief Care for essential workers, which has really prepared us well," Bart says.

Bart says even with the new safety standards for summer camp, some things never change.

"We have kids who come on the very first day of camp and they are so apprehensive. They're concerned, they're nervous, they're not sure who they're going to meet. Some of them don't want to get out of the car. Some of them are crying as they get out of the car because they don't want to come, but," says Bart, "at the end of that week we might have that child crying because he or she doesn't want to go home. It happens literally every summer."



Camp is offered at a dozen locations around Hillsborough and East Pasco counties, including at the Bob Sierra YMCA Youth & Family Center in the Carrollwood/Northdale area, New Tampa Family Y in New Tampa, East Pasco Family Y in Zephyrhills, and South Tampa Family Y in South Tampa.

YMCA camps and staff are experienced and ready for a safe, exciting, fun-filled summer adventure. There are spots are still open and parents can register at www.tampaymca.org/letscamp.



## Spiritual yellness

# **BALANCING LIFE**

By Rev. J. Keith Long

o you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

*Luke 10:27 reads:* He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.\*\*

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

#### **Finding Balance is Key**

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

#### **Practice is Necessary**

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold. \*\*Bible Reference - Common English Bible



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