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August 2020

Pasco/North Tampa/New Tampa Edition - Monthly

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**NATIONAL
IMMUNIZATION
MONTH:
HPV VACCINATION
CAN PREVENT
CERVICAL CANCER**

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SUNIL J. PANCHAL, M.D.
Board Certified Interventional Pain/ Minimally Invasive Spine Specialist

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CHRONIC HEAD PAIN
HOW PERSISTENCE AND THE RIGHT
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Enhanced Safety at Walk-In Care Kiosks

BayCare and Publix have enhanced their safety processes and cleaning procedures based on guidelines from the Centers for Disease Control and Prevention (CDC):

- The kiosk, equipment, chairs, doors, counters and all surfaces are thoroughly cleaned and disinfected after each visit.
- All patients who use the kiosk are required to wear a mask. If they don't have one, the pharmacy staff will give them one.
- Hand sanitizer is available at various areas of the kiosk, including the waiting area.
- The pharmacy staff is required to wear a mask and gloves when interacting with patients and when disinfecting all equipment.



COVID-19 testing isn't available at Walk-In Care locations. If you think you may have symptoms of COVID-19, contact county health department or health care provider.

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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.

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Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By: Regenexx Tampa Bay, Regenerative Medicine

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of

a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the



other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the Tampa Bay region, we recommend physical therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.

ABOUT US



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 physician 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.

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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Independent Living at Aston Gardens: What a 9-Year Resident Wants You to Know

Have you ever thought about living in a senior community, one where you can enjoy the golden years in a lovely apartment or villa, experience the tranquil scenery and ample amenities, visit with friendly neighbors and relax in comfortable, safe surroundings?

Sometimes the tasks of maintaining a home, or the lack of social interaction can be challenging. If you want to live a maintenance-free lifestyle in a resort-like environment that is secure, convenient, and full of social activities all within a nature-rich landscape, long-term resident Mr. Johnson encourages you to check out Aston Gardens At Tampa Bay. Johnson is thrilled that he and his wife made the decision to move to Aston Gardens' Independent Living community 9 years ago, and today says it's the best-kept secret on earth.

Aston Gardens' Independent Living Features Include:

1. No maintenance
2. No more snow shoveling
3. No more yard work
4. Fine dining and chef-prepared meals
5. Convenience to shopping, the arts, sporting events, restaurants, pharmacies, medical care and much more
6. Safety and security of a gated community
7. Ongoing activities and events
8. Friendly staff and fantastic neighbors
9. Fabulous, resort-quality amenities



We recently asked Mr. Johnson to tell us what he loves most about the community, as well as how Aston Gardens and its dedicated team members are keeping residents happy and safe in these unprecedented times.

Mr. Johnson:

Throughout these unusual times with COVID-19, the staff has been effective at communicating and answering residents' questions and concerns. They've implemented various publications as well, such as weekly newsletters for the residents of our community.

Of course, we're more limited as to what we can do, and at the beginning stages of COVID, they made many provisions to accommodate us. Now that we are in phase 2, we have more flexibility.

For example, I'm involved in a men's roundtable. The meeting was stopped, but recently they made special arrangements for us to meet in a larger room, which allows us more space and social distancing, and we're all encouraged to wear a mask and practice good hygiene.

As far as outdoor activities, our grilling area, pool, hot tubs, and outdoor spaces are available and subject to our social distancing protocols. However, we still are able to enjoy time with friends, fellow residents and staff.

Initially, when COVID just started, the security guard at the gate entrance was monitoring and identifying essential workers and vendors. They were taking temperatures and only allowing specific people on the property with great caution and care.

If a resident wanted something like carpeting replaced, that was put on hold. Now we can safely have more things done, but it's all still accomplished under great care and consideration. There is always someone on duty to check the temperatures of residents, staff and vendors before they are allowed access to the grounds.

Our chef, Antoine, is an amazing culinary expert. We usually have beautiful sit-down meals in the dining room, but even through these strange times, we are still able to enjoy the chef-prepared meals, only in the comfort of our apartments. In saying that, the kitchen staff will make special changes or requests for residents, and everything is maintained at the highest level here.

As a safety precaution, some residents have been quarantined to their apartments or villas during COVID if they traveled, and the staff caters to them by leaving food and supplies at their doorstep and checking in on them for the two weeks that they must stay in their homes. The staff and management are always available, and they go above and beyond what's expected.

Just like around the world, things here have been restrictive, but the staff has done a great job keeping us safe.

H&W Magazine:

What attracted you to Aston Gardens?

Mr. Johnson:

Nine years ago, we fell in love with the floor plan of the apartment. Ours is three bedrooms, three bathrooms and a garage. We also have a lanai on the back overlooking the preserve and one on the front overlooking the lake.

The shared facilities like the clubhouse, gazebos, lakefront, etc., make it more like a resort-style campus. The staff, administration and management are wonderful and very service-oriented. They couldn't do a better job of taking care of everything we need. I think most people who decide to live in an independent senior community have better things to do with their time than maintain a house and yard. We now have the freedom to do what we love!

Aston Gardens reinvests in the community with upkeep, remodeling and maintaining various amenities. There is a running joke among residents that when you put a work order in at the clubhouse, many times before you get home, they are already there fixing a light bulb or changing an air filter or whatever you need. They take great pride in accommodating us.

There are not enough superlatives to describe the Director of Resident & Concierge Services, Marion Vasquez, and so many others who are a part of the team. Everyone is willing to roll up their sleeves and do whatever needs to be done.

There is a genuine kindness here at Aston Gardens that goes beyond measure, and that is especially true of Marion.

The staff here has a dedication for what they do, and the managers hire high-quality team members—many of whom have been here for years. For example, we've had the same housekeeper for the past nine years—she's like part of our family!

Aston Gardens is a wonderful place to call home, and I believe it is truly the best-kept secret on earth.

Senior Living Options at Our Tampa Bay Campus
In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:



• **Independent Living** – Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff

• **SHINE® Memory Care** – In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed

• **Senior Assisted Living** – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming and household chores

Independent Living at Aston Gardens At Tampa Bay offers a lifestyle that's as active, healthy and free as you want to be, all without being alone. Choose from one of our Independent Living apartment homes or a luxury, for-sale villa and enjoy the all-inclusive, care-and maintenance-free lifestyle at America's award-winning senior living community, located between Tampa and Clearwater near Florida's beautiful Gulf coast.

Contact Aston Gardens At Tampa Bay at 813-993-1276 to learn more about our exemplary senior living programs.

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Advanced Pain Management for Peripheral Neuropathy: What You Need to Know

BY DR. ROBERT LUPO, D.C.

Chronic Pain affects hundreds of millions of Americans. Of those individuals, a staggering 20 million are suffering with peripheral neuropathy. Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, alcoholism, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Peripheral neuropathy happens when the small blood vessels, which supply blood and nutrients to the nerves become impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Symptoms of neuropathy most often include the following sensations:

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

RST Sanexas: Is NOT a TENS unit device

For three decades, our ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.

In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represents 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and subatomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.



Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken post-graduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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BayCare and Publix Offer Telehealth Service Inside Grocery Stores

Imagine if you could see a doctor and pick-up your medications while doing your grocery shopping? That's possible through Walk-In Care Provided by BayCare inside a Publix Supermarket near you.

Launched in 2017, Walk-In Care provided by BayCare is an innovative telehealth technology installed at select Publix Supermarkets across the Tampa Bay area. The organizations have opened 35 locations so far.

The telehealth kiosk features a private room in select Publix Pharmacies where shoppers can receive non-urgent medical care from medical providers using teleconferencing and medical diagnostic equipment.

The kiosk, which is interactive and user-friendly, allows patients to easily enter their symptoms and work with medical tools such as thermometers, stethoscopes, pulse oximeter, blood pressure cuffs and high definition cameras to help medical providers make an accurate diagnosis.

The Walk-In Care room remains open during Publix Pharmacy hours and is accessible on a walk-in basis and without prior appointment. The equipment is easy to use, but Publix Pharmacy support staff are available to assist shoppers if needed.

Safety at Walk-In Care Locations

To help protect shoppers, Publix Pharmacy staff and the community during the COVID-19 pandemic, BayCare and Publix have enhanced their standard safety processes and cleaning procedures based on safety guidelines from the Centers for Disease Control and Prevention (CDC). Some of those measures include:



- The kiosk, equipment and all surfaces including chairs, doors and counters are thoroughly cleaned and disinfected after each visit.
- Every shopper who uses the telehealth kiosks will be given a mask during each visit.
- Publix employees will wear a mask and gloves.
- Hand sanitizers will be available at various areas of the kiosk, including waiting area.

People who are experiencing symptoms of COVID-19 can get screened through BayCareAnywhere.

For more information about Walk-In Care Provided by BayCare, visit [BayCare.org/baycareanywhere/walk-in-care](https://www.baycare.org/baycareanywhere/walk-in-care).



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CBD Healthcare Company Tampa

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Activate - Recover - Regenerate - Rebuild

SHOULDER JOINT AND ROTATOR CUFF

Mobility, flexibility, and strength are key ingredients for wellness and peak performance – whether you're a competitive athlete or fitness and health advocate. Maintaining these requires knowledge, discipline, and the use of protocols that are becoming more widely known and adopted. Last month we discussed how professional grade CBD topicals enhance mobility, flexibility, and peak performance/strength. It accomplishes this by stimulating the endocannabinoid System (ECS) to promote homeostasis resolving inflammation, stimulating cell recovery, and accelerating healing naturally through improved delivery/restructuring of collagen. This enhances ACTIVATION, RECOVERY, REGENERATION, and REBUILDING of the skeletal-muscular system improving mobility, flexibility, function, and pain relief. We recommend this as a part of your regimen whether sports/fitness or wellness/rehabilitation oriented.



CBD Healthcare Company is working with several nationally recognized experts and in the process of launching an education and training component to our website to assist our customers in achieving their health, wellness, and protocol objectives. This month we have chosen mobility, flexibility, and strengthening the rotator cuff muscles of the shoulder.

Everyone should include rotator cuff exercises in their programs. The shoulder joint is the least stable joint in the body and needs to be strengthened for proper function. Training your rotator cuff has several benefits. Strengthening the muscles surrounding the shoulder joint creates more stability, enhances posture and will definitely make you look better and more sturdy.

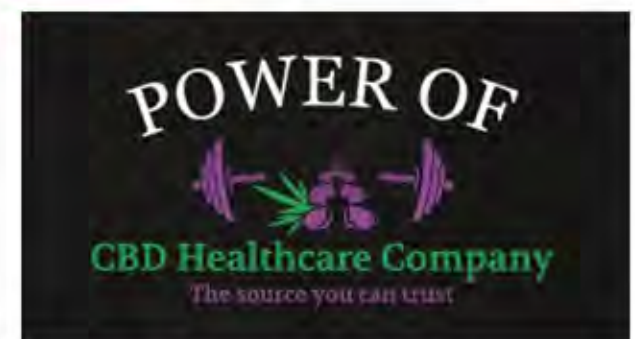
When there is a weakness in the rotator cuff muscles of the shoulder, movement patterns become altered, creating instability and often leading to injury. Performing these exercises will keep your shoulders strong and ready to perform for all of your activities.

A strong rotator cuff keeps the shoulder functioning properly, improving your golf swing, throwing a baseball, shooting a basketball or just reaching overhead during normal daily activities. A simple effective strengthening routine consists of six exercises that you can do at home, the gym, or the in the hotel room and require only a set of bands (see performbetter.com). When doing these, try to follow the following regimen when possible:

- ACTIVATE with CBD Herbal Muscle Lotion Maximum Strength 15 minutes before starting.
- Elevate temperature of the muscles before conditioning with low intensity aerobic exercise (i.e. stationary bike, elliptical, jog/run, jumping jacks)
- Perform a 30 second pre-stretch to overcome nervous system safeguards.
- Slowly stretch to increase your range of motion (do not bounce when you stretch)
- Two sets of 15 repetitions for each exercise three times per week:

- External Rotation to the Side
- Internal Rotation at the Side
- Cross Body Pull
- Diagonal Pattern Body Pull
- External Rotation 90 deg.
- Internal Rotation 90 deg.

Below is an example of the of external rotation exercise – among the others that can be found at CBDHealthcareCompany.com during this month as we launch our education and training.



For more information, visit:
CBDHealthcareCompany.com

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

A PATIENT'S STORY WITH CHRONIC HEAD PAIN: How Persistence and The Right Doctor Can Lead to Solutions



Dr. Sunil Panchal is known by peers, colleagues and patients to be on the cutting-edge of groundbreaking treatments and therapeutics for pain management, including radiofrequency ablation procedures, stem cells with exosomes, and spinal cord stimulation, to name a few. He has incorporated other alternative healing methods into his management of pain including a high-quality CBD supplement available only through healthcare providers called VERSEÁ.

Over 116 million people suffer from various types of chronic pain disorders. One of Dr. Panchal's patients, Wayne, has a rare nerve condition in the lower cranial nerves that cause excruciating pain in the back of his head and has also left him with major hearing loss in his right ear. Subsequently, he also suffers from Dural inflammation, which causes pressure and pain in his head as well.

After years of suffering, Wayne found Dr. Panchal, and they have tried several therapies that have worked, but recently, Wayne decided to try VERSEÁ. We spoke to him to find out more about his story.

WAYNE: For nearly a decade, I'd been suffering from debilitating pain in the back of my head that was worse at night when I tried to lie down. I saw multiple doctors and specialists at USF. I went through CT scans, MRIs, brain tissue biopsies, and various procedures that never worked. Unfortunately, one of the head neurologists at USF told me that I should retire and take full disability at the age of 61 because they had no other options to help me.

I'm a busy guy. I like to be outside, working, enjoying nature and fishing with my grandkids. I didn't want to live a life in pain that kept me locked away in agony. I've broken bones, had surgeries, and have experienced real discomfort in my life, but this head pain is excruciating and causes blurry vision among other things. I was at the point where brushing my teeth was much too painful. I would cry out in torture, and I'm a macho-kind-of-guy, so it's been a really tough road for me trying to deal with these agonizing issues.



A friend told me about Dr. Panchal, so I went to see him and try an alternative route to fixing my pain.

We first tried radiofrequency, which works because it cauterizes the nerve ending, but they grow back, so once they'd start to regenerate, my pain would come back pretty severely. Dr. Panchal also implanted a pain pump that administers morphine. That worked well, but we had to keep increasing the dosage.

A few months ago, I noticed that Dr. Panchal had a new CBD product called VERSEÁ. I've been interested in CBD oil in the past, but never tried it because I didn't think it would really work in my case. Dr. Panchal and I discussed it, and we decided to add it to my treatment protocol.

You're supposed to take a full dropper of the liquid, but I only used a few drops and after only 45 minutes my pain subsided significantly. That was three months ago. I still only use a few drops, not the whole dropper, and I take it in the morning and evening. I have about 80% pain relief with this product. It's been incredible!

My neighbors see me, I'm working outside from 8:30 am to 5:30 pm, and I'm working on my camper, doing yard work, fixing things, and when it gets late, I sit outside and read under my oak tree. The heat used to make my pain so much worse, and I'd have to come inside and try to rest, but with this product, I've seen real change—Something I didn't think was possible.

Wayne is 69 years old now, and when we spoke with him, he had just returned from a camping trip and had been outside cleaning the camper in 90 degree weather. Since adding VERSEÁ, he now uses the minimal dose of morphine at 0.18 mg/day. He is definitely enjoying his life with much less pain and is a beacon of hope for many who are suffering with chronic pain.

How CBD (Cannabidiol) works for Chronic Pain

CBD oil is a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the strict regulations of medical marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabidiol. The structure of CBD interacts directly with our cell's receptors. We have an inherent, natural endocannabinoid system that works synergistically with CBD 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 pain, mood, sleeping, immunity, pleasure, memory and much more.

Cannabidiol can be quite effective for many conditions that are difficult to treat; some of these include fibromyalgia, irritable bowel syndrome, migraine headaches, seizures, and neuropathic pain, to name a few. Medical-grade CBD should certainly be a consideration for those suffering from chronic pain.

HOWEVER, NOT ALL CBD IS CREATED EQUAL:

VERSEÁ was selected after careful review of multiple CBD products and identifying several strengths and advantages. This product was manufactured and packaged in a GMP facility conforming to FDA guidelines, which gives greater confidence in regard to purity. There is also a greater range of clinical dosage strengths, which allows greater flexibility to meet the needs of patients. Manufacturing techniques resulting in greater absorption are another significant advantage, and include a unique hydrophilic broad-spectrum formulation, encompassed by a proprietary nanotechnology to promote absorption, as well as coated capsules that promote greater absorption than standard capsules or gel caps. In addition it has unique IP on gel melt for buccal delivery. Also, the product is organic, Non-GMO, and cultivated and manufactured in the USA.

To find out how you can include VERSEÁ in a comprehensive treatment plan, please schedule an appointment with Dr. Panchal for an evaluation.

Dr. Panchal is offering this unique code for Health & Wellness Magazine readers:

ESTC

Please order your VERSEÁ products using code ESTC at <https://verseashop.com>.

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).

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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National Immunization Month:

HPV Vaccination Can Prevent Cervical Cancer

By Parveen Vahora, M.D.

HPV (Human papillomavirus) is thought to affect 80% of sexually active people, and approximately 80 million people (male and female) are estimated to have the virus. It can cause genital cancers and conditions; the most common is cervical cancer in women. Getting vaccinated against HPV can prevent up to 70% of cervical cancers.

According to the CDC, "Genital HPV is a common virus that is passed from one person to another through direct skin-to-skin contact during sexual activity. Most sexually active people will get HPV at some time in their lives, though most will never even know it. HPV infection is most common in people in their late teens and early 20s. There are about 40 types of HPV that can infect the genital areas of men and women. Most HPV types cause no symptoms and go away on their own. But some types can cause cervical cancer in women and other less common cancers — like cancers of the anus, penis, vagina, and vulva and oropharynx. Other types of HPV can cause warts in the genital areas of men and women, called genital warts. Genital warts are not life-threatening. But they can cause emotional stress and their treatment can be very uncomfortable. Every year, about 12,000 women are diagnosed with cervical cancer and 4,000 women die from this disease in the U.S. About 1% of sexually active adults in the U.S. have visible genital warts at any point in time."¹

WHO CAN BENEFIT FROM THE HPV VACCINE?

1. The only HPV vaccine currently available in the United States is Gardasil 9 and it is now approved for use in males and females between the ages of 9 and 45 years of age.
2. For those under the age of 15, a 2-dose vaccine is recommended for both males and females.
3. For those 15 through 45 years of age a 3-dose vaccine is recommended.

References:

1. Centers for Disease Control and Prevention, "HPV Vaccine Information For Young Women," US Dept of Health and Human Services, CDC.gov

Pap Testing & Guidelines

The most important thing that women can do to prevent cervical cancer is to have regular cervical cancer screenings. These are given during a Pap test or wellness exam, which should be at least every year, or if you are at high risk or have had HPV, cancer, precancer, or other genital disorders, your routine visits should be several times per year. There are preventative tests that Dr. Vahora includes in her regular cervical cancer screening called, Papanicolaou (Pap) test, which checks for HPV specifically.

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.

Pre-Cervical Cancer

When routine examinations are done regularly, pre-cervical cancer can be detected relatively easily. A minimally-invasive in-office procedure can remove the precancerous lesions without much discomfort or complications.

Cervical Cancer

Cervical cancer is a fast-growing disease that can lead to death if not caught in its pre-stages. Years ago, cervical cancer was a leading cause of death in women, but because of educating and follow through with routine gynecological visits, those statistics have changed. Depending on the stage of the cancer, many women will undergo a hysterectomy and chemotherapy.

Atrophy

Dyspareunia (painful sex) is a symptom of vulvar and vaginal atrophy (VVA) and can be exacerbated by the effects of hysterectomy. Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.



Advanced And Individualized Care

The office of Dr. Parveen Vahora and ARNP, Connie Moler is small, intimate, and welcoming. Women under their care are treated with the utmost respect, which means they offer personalized care: educating on conditions and treatment options as well as preventative measures. Their focus is on sexual health—offering MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. They also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, Dr. Vahora and Connie have got you covered.

They follow Enhanced Recovery After Surgery (ERAS®) protocols, which take a comprehensive look at all areas of the patient's journey through surgery and recovery, creating a well-coordinated, team-oriented approach to surgical care for better outcomes. Weaving this into personalized care plans, Dr. Vahora and Connie get patients back to their normal routines faster.

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Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

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

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

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

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

Reference:

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

2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

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

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

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

Patient Testimonials

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

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

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

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

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

**HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.*

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

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

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

Celebrating National Thrift Shop Day: How Shopping at a Thrift Store is About More Than Bargains

Each year, National Thrift Shop Day is celebrated on August 17. It's a day for consumers to shop small, find great bargains, and support their local business and a great cause. Almost every town has a second hand shop, thrift store or consignment shop. Almost always, those stores are supporting a great cause.

The benefits of shopping at a thrift shop go beyond getting a great bargain, even though that's a great reason to spend the day thrifting for a hidden treasure. Typically, items for sale in the thrift shops are donated by customers who are cleaning out their closets, downsizing, moving, or just looking to declutter their homes. It's said one man's trash is another man's treasure, that rings true in the world of thrifting.

If you're looking for something unique to fill that certain spot in your home, visit a thrift shop. If you're looking for evening attire for that one fancy event, but don't want to spend a fortune on something you'll wear once, visit a thrift shop. If you're a records collector, visit a thrift shop. If you like to hunt for antiques, visit a thrift shop. The list goes on and on, and so does the variety of what can be found if you're shopping in a thrift shop.

"We make a living by what we get, but we make a life by what we give." – Winston Churchill

One way that non-profit thrift shops help raise money for their cause is thanks to the work of volunteers. Thanks to the time and effort given by them, the cost of running the shops is much lower, meaning that more of the proceeds from sales can go directly to the charity it supports.

The volunteers who give their time at the shops often feel they get back so much more in return. Especially for senior volunteers, they have a place to go where they can meet new people, make new friends, and stay active, leading to healthier lives.

According to Mary, a volunteer at the Gulfside Hospice Thrift Shoppe in Dade City, giving back is a rewarding experience that has kept her with the shop for more than a decade. "I came to Gulfside 12 years ago because it is a good cause, helping people in their final days of life. Also, it's an excellent organization, it has great people and it's very rewarding!"



Supporting a non-profit thrift store means the whole community benefits.

Whether it's shopping the inventory, donating unwanted items, or giving back by volunteering, supporting the non-profit thrift shops of local community allows them to continue giving back to those in need, whatever the cause.

At the Gulfside Hospice Thrift Shoppes, all proceeds from their five locations go directly to supporting patient care, specialized programs and bereavement services for families, which are offered free of charge to anyone in the community. This is made possible by the Thrift Shoppes.

For example, when a volunteer works a four-hour shift at the Gulfside Hospice Thrift Shoppes, the money saved by their efforts equates to the cost of medical equipment for a hospice patient for 12 days. The smallest gift of time, treasure and talent can have a big impact on the care the organization provides.

About the Gulfside Hospice Thrift Shoppes

The proceeds from each of these stores directly support Gulfside Hospice, patient care costs and the operation of the Gulfside Centers for Hospice Care. There are five locations throughout Pasco County, located in Dade City, Hudson, Lutz, New Port Richey and Zephyrhills. Donations are accepted during store hours, and donation pick-up can be scheduled for large items by calling the nearest store.

Thanks to a constant flow of new donations, merchandise for sale at the Shoppes is always changing. All of the locations offer a large variety of new and gently used items, and some great one-of-a-kind treasures, antiques and collectibles. Items you can find in the Gulfside Hospice Thrift Shoppes include:

- Clothing and shoes for Women, Men, Teens & Children
- Furniture - couches, tables, and more
- Small Household Appliances
- Accessories, Name Brand Purses, & Jewelry
- Collectibles & Antiques
- And more!

The Gulfside Hospice Thrift Shoppes are run almost entirely by volunteers. They are a vital part of the stores' success, and new volunteers are always welcome. New volunteers receive an on-site orientation and training in the store of their choice. Roles of a volunteer include tasks like greeting and assisting customers, sorting and pricing items, organizing and displaying items on store shelves, and more.

To learn more about how you can shop, donate or volunteer at the Gulfside Hospice Thrift Shoppes, visit Gulfside.org/thrift-shoppes or call 800-561-4883. You can also follow the Shoppes on social media for sneak peeks at new inventory, sales, and more, at [Facebook.com/GHThriftShoppes](https://www.facebook.com/GHThriftShoppes) or on Instagram [@gulfsidethriftshoppes](https://www.instagram.com/gulfsidethriftshoppes).



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www.Gulfside.org

Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.



Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church.

We miss community. We miss those quite moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.

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