TAMPA BAY'S

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September 2020

FREE # 10

# A BREAST SURGICAL ONCOLOGIST'S INSIGHT

ON ACCURATE BREAST CANCER DIAGNOSIS VIA IMAGING AND UNDERSTANDING YOUR RISK FACTORS

### AUTISM SPECTRUM DISORDER

BEHAVIORAL THERAPY
PROGRAMS ARE AVAILABLE
TO HELP YOU AND YOUR
CHILD THRIVE

GAINSWAVE TECHNOLOGY

CAN HELP WITH PROSTATE CANCER

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### ONLY 1 OUT OF 5 WOMEN

GET DIAGNOSED WITH EARLY-STAGE OVARIAN CANCER: SYMPTOMS ARE OFTEN OVERLOOKED

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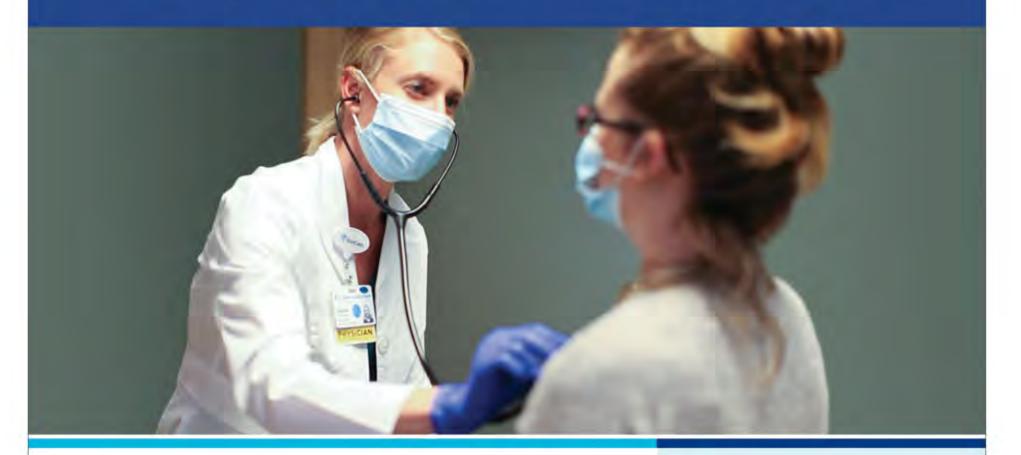
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# The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

By Regenexx Tampa Bay, Regenerative Medicine

tilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

#### What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

#### Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks. This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate Itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished.



To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

#### What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

#### Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials? For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-ofthe-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

#### How do you know these vials contain no stem cells?

If these products 'did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings -that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-Insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.







James Leiber, D.O. | Ron Torrance II, D.O. | Ignatios Papas, D.O.



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# How Nancy Went from Excruciating Neck Pain All Day, Everyday....to No Pain!

illions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

#### **Radiofrequency Denervation**

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

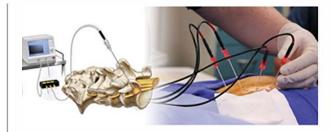
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

#### A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day." Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiof-requency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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

At the National Institute of 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 iournals. 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.

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).

#### The National Institute of Pain

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## A Breast Surgical Oncologist's Insight on Accurate Breast Cancer Diagnosis via Imaging and Understanding Your Risk Factors

here are multiple types of breast cancer, and it affects both men and women. Importantly, the statistics of survival are increasing, mostly due to patient education and early diagnosis. In the United States, the CDC reports that over 276,400 women are diagnosed with invasive breast cancer annually, along with 48,530 new non-invasive breast cancer cases. Breast cancer also affects approximately 2,600 men each year.

We caught up with BayCare's Breast Surgical Oncologist, Dr. Lago Toro, to find out more about the importance of early diagnosis, genetic testing, and risk factors.

#### **Imaging**

I encourage patients to get a mammogram yearly, and if they are high risk or have had breast cancer before, they ideally should be screened for high risk. High risk screening entails mammograms and MRIs on a yearly basis but staggered every six months along with a clinical breast exam. Many patients have dense breast tissue, making it challenging to accurately diagnose them with traditional mammography. High risk screening allows for a more in depth exam of the breast tissue.

#### **Screening Recommendations**

The American Society of Breast Surgeons recommends, women less than 25 years of age should undergo formal risk assessment for breast cancer. Women with an average risk of breast cancer should initiate yearly screening mammography at age 40. Women with a higher-than-average risk of breast cancer should undergo annual screening mammography as well as offered yearly supplemental imaging, such as MRI; this screening should be initiated at a risk-based age. The MRI and Mammography can be alternated every six months for those with any high-risk factors.



#### The Role of Genetics and Other Risk Factors

Genetic risk factors and breast malignancies require multi-panel genetic testing. Multi-panel testing is a type of genetic testing that looks for mutations in several genes at once. A family or personal history of breast or other cancers, as well as specific hereditary genetic mutations, can leave you at a significantly higher risk of developing breast and different types of cancer. The multi-panel genetic testing, regardless of sex, can facilitate early diagnosis and increase survival rates.

We do genetic testing in our office. If there is a first-degree family history, for example, if a mother or sister was diagnosed at age 40, we recommend that the patient start screening mammograms ten years prior to their family member's age of diagnosis. While I believe at home exams are important, it's critical to have a clinical physical examination with your OB/GYN or PCP, since they can palpate and find early signs and lumps to facilitate the patient's imaging needs. Early diagnosis stipulates a 97% survival rate.

Some of the symptoms to look for are palpable masses around the breast and the armpit region, nipple discharge (especially spontaneous), skin changes, dimpling, pain and nipple retraction.

#### **Biopsy and Treatment**

If an abnormality is detected on imaging, we are able to perform a minimally invasive biopsy (ultrasound-guided core biopsy, stereotactic core biopsy, or MR-guided core biopsy) procedure that uses image-guidance to see if the abnormality is benign or malignant.

Not every benign lesion needs to be surgically removed. There are multiple options for cancer treatment nowadays. Some include lumpectomy, which conserves the breast and can be performed with hidden scar breast surgery. There are also different types of mastectomies performed as well as immediate reconstructions. If we need to treat the malignancy with radiation, there are different options. The traditional radiation includes energy delivered to the breast in a sequential fashion for a period of a few weeks. An alternative in some cases, is accelerated partial breast irradiation or brachytherapy. Brachytherapy allows the radiation energy to be directly targeted to the lumpectomy bed. This is done through a catheter that I place under ultrasound-guidance in the office. The catheter has chambers in which the radiation seeds are funneled through. The procedure takes about five days, twice a day treatment.

#### **Diagnosis and Screenings**

Mammograms help diagnose breast cancer at an earlier stage and save lives; eliminating metastasizing cancer and deaths. However, not all breast cancers are detected with mammography. It's critical to speak to your doctor about which options are best for you.

It's also very important to continue with screening mammograms and MRIs during this COVID-19 pandemic. We are open for screening and diagnostic studies. Breast health is important and we are here to help. We're taking all CDC precautions to screen and sanitize to keep your safety as a priority.

#### Don't wait, schedule your appointment today.

It's easy to schedule a screening mammogram or other imaging exams, such as a CT, MRI, ultrasound or X-ray online at baycare.org or by calling (855) 269-4333.



BayCareMedicalGroup.org



#### Claudia Lago Toro, MD, Breast Surgical Oncologist

Claudia Lago Toro, MD, is board certified in general surgery. She received her Doctorate in Medicine from the University of Puerto Rico School of Medicine in San Juan, Puerto Rico. She followed that up with a general surgery residency at Baystate Medical Center the Western Campus for Tufts Medical School in Springfield, Massachusetts. Dr. Lago Toro continued her medical education by completing a breast surgical oncology fellowship at Bryn Mawr Hospital in Bryn Mawr, Pennsylvania. As a breast surgical oncologist, she treats male and female

breast cancer patients, as well as those with benign breast disease. She has been chosen by her peers as TopDoc in Tampa a few years in a row. Dr. Lago Toro has extensive experience in minimally invasive breast biopsies, mastectomies, including nipple-sparing approach and the administration of breast brachytherapy for radiation therapy. She is also certified in hidden scar breast surgery and performs nipple-sparing mastectomies. Her clinical interests include patient education and creating awareness of breast cancer, and she has served as a resident clinical educator at Tufts University in Boston, Massachusetts. Dr. Lago Toro is a member of the American Society of Breast Surgeons, the Society of Surgical Oncology and the American Society of Clinical Oncology.

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# Autism Spectrum Disorder:

# Behavioral Therapy Programs Are Available to Help You and Your Child Thrive

utism Spectrum Disorder (ASD) affects 1 in 54 children (18.5 per 1,000 8-year-olds). Boys are more than four times as likely to be identified with ASD than girls. Many parents sense developmental delays or notice their child has an issue between 12 months and 2 years, but often it can go undiagnosed for many years. 1

BCOTB (Behavioral Consulting of Tampa Bay) is the go-to Autism Spectrum Disorder expert and one of the first clinics of its kind in the Tampa Bay area. BCOTB has been offering services to children with autism and related disorders since 2003 and now offers services at 4 clinic locations to better serve you. BCOTB is owned and operated by a Board Certified Behavior Analyst (BCBA) and has been recognized for numerous awards over the past decade.

BCOTB's programs are designed to address a child's skill deficits as well as problem behaviors and are created to meet the individual needs of the child. The goal of the programming is to teach children the necessary behaviors/skills to be independent and thrive in a variety of environments such as their home, school, and community settings. Skills taught during the intensive 1:1 therapy sessions include, but are not limited to, language/communication skills, social skills, academic skills, self-help skills, and independent behavior. The goals are taught using researched-based behavioral strategies and are graphed and tracked during each session to ensure success.

Kelley Prince, M.A., BCBA, President and Founder of BCOTB spoke to us about their programs, services and Autism Spectrum Disorder in general, "Parents are the experts on their own children and often have a gut feeling when they feel that there is something "different" about their child. Usually this is when the child is as young as 12 or 18 months of age. Since the signs of autism are very slight early on (social delays), a medical professional may tell the family to wait until the next appointment to see if their child makes any progress. Most families refrain from seeking a professional opinion until much later when the child isn't making the language gains of their peers. This can be anywhere from 24-36 months of age.



"I encourage caregivers to seek an evaluation from a specialist such as a psychologist or a neurologist familiar with Autism Spectrum Disorder or other developmental and behavioral conditions as soon as they feel that something may be "off". Parents should always follow their "gut" feelings and get an in-depth assessment and analysis. The younger a child is diagnosed, the better they respond to therapy. Early intervention shows better outcomes at a quicker rate.

"For example, if a child doesn't get diagnosed or doesn't receive therapy until say age seven, they have seven years of delays and behavioral habits to overcome, whereas a younger child has less of a gap to learn age-appropriate skills. 98% of our patients are diagnosed with ASD; however, we treat other conditions such as Down Syndrome and behavioral conditions, as well."

"Since Autism is a spectrum disorder, some children with ASD exhibit only a few signs of the disorder that show up in the early months of infancy while others may display multiple signs and delays that are undiagnosed until much later. What should parents look for if concerned?

Signs by age (Published by Autism Speaks):2

#### By 6 months

- Few or no big smiles or other warm, joyful and engaging expressions
- Limited or no eye contact

#### By 9 months

 Little or no back-and-forth sharing of sounds, smiles or other facial expressions

#### By 12 months

- Little or no babbling
- Little or no back-and-forth gestures such as pointing, showing, reaching or waving
- Little or no response to name

#### By 16 months

Very few or no words

#### By 24 months

 Very few or no meaningful, two-word phrases (not including imitating or repeating)

#### At any age

- Loss of previously acquired speech, babbling or social skills
- · Avoidance of eye contact
- · Persistent preference for solitude
- · Difficulty understanding other people's feelings
- · Delayed language development
- · Persistent repetition of words or phrases (echolalia)
- Resistance to minor changes in routine or surroundings
- · Restricted interests
- Repetitive behaviors (flapping, rocking, spinning, etc.)
- Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors

Kelley added, "My best friend's son was just not quite where he needed to be developmentally. At his 18-month checkup, his doctor said these issues were nothing to worry about and to wait for his 24-month checkup. I encouraged my friend to see a psychologist that I work with regularly and, after an in-depth assessment, he was diagnosed with mild ASD.

"At BCOTB, after a child is diagnosed, we recommend and conduct a full evaluation of the child's skills and create customized plans for working with the child on a whole level, which usually includes language, social skills, self-help, problem behaviors, and communication. We also provide programs and services for children that do not have a diagnosis but may engage in problem behavior.

"Our programs depend on skill level, condition, and response of the learner. We prefer to work with children for at least 10 hours per week or more, as repetition is critical. For example, if we are teaching a child to walk next to their parent or caregiver while in a store (i.e. not running off), we see better results and quicker skill acquisition when the training is practiced 100 times per week rather than 10 times per week. Repetition and reinforcement of the target skill is a key element of Applied Behavior Analysis (ABA) therapy."

#### **BCOTB Services:**

- · Verbal Behavior Program (language training)
- · Feeding Therapy
- Individualized Education Plan (IEP) development and support
- . Social Skills/Peer Play
- Functional Behavior Assessments
- · Toilet Training
- · School Shadowing
- · SRA Programs for Reading, Language and Math
- Problem Behavior Reduction Programs

Most major insurance covers BCOTB services and programs but, in most cases, a diagnosis is important for reimbursement purposes.

#### President/Founder Kelley Prince, M.A., BCBA

"My career in applied behavior analysis began in 1998 when I began providing behavioral therapy services for a family who had a child with autism. I was immediately intrigued by all of the benefits that such therapy had to offer, and I immediately knew I wanted to learn more about how I could help other children and their families. I studied Applied Behavior Analysis at the University of South Florida, graduating with a master's degree in 2004. In 2003, while in my last year of graduate school, I founded BCOTB. At the time, it was one of the only clinic of its kind in the Tampa Bay area in which Applied Behavior Analysis services were offered.

"Since 2003, BCOTB has grown to four office locations and employs 75+ people in the Tampa Bay Area. Our original location was opened in 2007, which we quickly outgrew. Since that time, the Tampa location has expanded two more times and currently resides off of Hillsborough Avenue right outside of Westchase. Knowing that BCOTB wanted to be able to reach more clients in the autism community, we opened our first satellite location in 2009 in Wesley Chapel. This location also quickly expanded and has recently relocated to a larger facility located outside the Seven Oaks subdivision and services the clients in the New Tampa, New Port Richey and Wesley Chapel area. Our third phase of expansion occurred in 2013 when we opened our Brandon facility. Located at the corner of 301 and Adamo Drive, the Brandon facility services clients from MacDill AFB, Lakeland, Valrico, Brandon and Riverview areas, And, finally, in 2018, BCOTB opened its 4th clinic location on North Dale Mabry Highway in Carrollwood and is now considered our main location.

"I am proud to say that BCOTB has had a successful past and is continuing to grow. The success of our business can be attributed to our management structure, policies and procedures and, most importantly, our therapy team.

"All of BCOTB's therapists receive training which meets the requirements for the Registered Behavior Technician credential provided by the Behavior Analyst Certification Board and successfully complete competency assessments. Staff receives ongoing performance reviews to ensure they are utilizing appropriate teaching and behavior reduction procedures in order to maximize your child's progress."





To find out more, please visit www.bcotb.com or contact one of the BCOTB offices below:

> Brandon 9225 Bay Plaza Blvd., Suite 401 Tampa, FL 33619 (813) 440-4933

Carrollwood 14497 N. Dale Mabry Hwy Suite 115-N Tampa, FL 33618 (813) 814-2000

Westchase/Oldsmar 6951 Pistol Range Road, Suite 101 Tampa, FL 33635 (813) 696-0700

> Wesley Chapel 27604 Cashford Circle Wesley Chapel, FL 33544 (813) 345-8584

#### References:

 CDC, Centers for Disease Control and Prevention, Autism Spectrum Disorder (ASD), Autism and Developmental Disabilities Monitoring (ADDM) Networkhttps://www.cdc.gov/ncbddd/autism/addm.html

Autism Speaks, What are the Signs of autism? https://www.autismspeaks.org/signs-autism

## **UPDATE: PROSTATE CANCER**

### **AND COVID-19**

Prostate Screening Has Been Impacted by COVID-19 According to a July 2020 article\* published in the journal Nature, the National Comprehensive Cancer Network (NCCN) is advising against routine prostate cancer (PC) screening, including prostate specific antigen (PSA) testing and digital rectal examination (DRE), for all asymptomatic individuals until the pandemic subsides. While the decrease in screening may be concerning for some, the NCCN points out that "the recommendation is based on the fact that the risks of a delay in diagnosis of up to 6-12 months would be marginal for most PC."

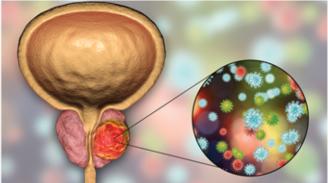
Men who are experiencing any of the symptoms of prostate cancer should contact their primary care physician for a recommendation. Common symptoms of prostate cancer, as defined by the American Cancer Society (ACS), can include:

- · Problems urinating, including a slow or weak urinary stream
- · Need to urinate more often, especially at night
- · Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- · Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- · Weakness or numbness in the legs or feet
- · Loss of bladder or bowel control from cancer pressing on the spinal cord

\*Reference: https://www.nature.com/articles/s41391-020-0258-7

#### **Know Your Risk Factors**

Although some younger men do get prostate cancer, the risk increases with age. More than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. No one knows why, but African American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate



Other than skin cancer, prostate cancer is the most common form of cancer in American men. About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes.

cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

#### Protecting the Safety and Well-being of **Cancer Patients**

Prostate cancer patients and their families may experience heightened vulnerability and psychological stress during the coronavirus outbreak. However, many safety precautions have been instituted at Florida Cancer Specialists (FCS) that allow our physicians and clinical staff to continue administering needed treatments for our patients. Our team of cancer experts have enacted stringent procedures and safeguards, including, but not limited to, restricting visitors in the clinics, screening all patients and staff members before they can enter the clinic, requiring mandatory masks for all patients and staff members, practicing social distancing, instituting infection control procedures aligned with CDC guidelines and continuously sanitizing the clinics throughout the day, with rigorous cleaning after hours.

Telehealth services are also available at all FCS locations. In fact, we were among the first in Florida to deliver virtual access to cancer care treatment as the health care crisis began. Whenever possible, patients are connecting with their physician, advanced practice provider, nurses, social workers and oncology dieticians securely and conveniently from home. Patients are receiving laboratory results, reviewing treatment plans and accessing vital care management support while mitigating the impact and spread of COVID-19. To date, FCS has had more than 36,000 virtual visits and we anticipate that number will continue to increase.

#### WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, boardcertified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner of the Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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#### Hudson

7651 Medical Drive Hudson, FL 34667

#### **Hudson North**

14100 Fivay Road, Suite 380 Hudson, FL 34667

#### **New Port Richey**

8763 River Crossing Blvd. New Port Richey, FL 34655

#### New Port Richey West

5802 State Road 54 New Port Richey, FL 34652

#### Wesley Chapel

26823 Tanic Drive Wesley Chapel, Florida 33544

#### Zephyrhills

38010 Medical Center Ave Zephyrhills, FL 33540

#### For more information, visit FLCancer.com

### 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 fastest-growing 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 /PDDO.

#### **Early Intervention**

Currently, there is no cure for Autism. However, according to the CDC, There are many types of treatments available. These include applied behavior analysis, social skills training, occupational therapy, physical therapy, sensory integration therapy, and the use of assistive technology.<sup>1</sup>

The types of treatments generally can be broken down into the following categories:<sup>1</sup>

- Behavior and Communication Approaches
- Dietary Approaches
- Medication
- Complementary and Alternative Medicine

#### **Alternative Treatment**

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

Over the past decade, HBOT therapy for Autism Spectrum Disorder has been utilized as a way to establish positive effects via anti-inflammatory responses, improved cognition function, behavioral and language abilities, and to reduce apprehension. 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-lobel" for various disease states ond 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.



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

#### Common Off-Label Indications:

- Autism
- Peripheral Neuropathy
- Brain Injury
- Rheumatoid Arthritis
- Bells Palsy
- Scleroderma
- Cerebral Palsy
- Shingles
- Cosmetic Surgery
- Severe Migraines
- Infections
- Sports InjuryStroke
- Lyme Disease
- Tendon Injuries
- Multiple Sclerosis

Inflammations

- Ulcerative Colitis
- Nerve Injuries
- Venomous snake
- Oral Disease
- 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!

#### REFERENCE:

1. CDC, Centers for Disease Control and Prevention, Treatment and Intervention Services for Autism Spectrum Disorder https://www.cdc.gov/ncbddd/autism/treatment.html



# Only 1 out 5 Women get Diagnosed with Early-Stage Ovarian Cancer: Symptoms are Often Overlooked

By Parveen Vahora, M.D.

t's known as a "silent killer" because it often goes undiagnosed until the disease state is advanced. If left untreated, ovarian cancer rapidly grows and spreads into the abdominal and pelvic areas.

Today, we're able to diagnose the initial onset of these symptoms better, as we now know that most of them are directly related to ovarian and reproductive cancers and disorders. However, the key is to make certain that women who are experiencing any of these symptoms go to their physician immediately to be tested.

#### **Symptoms**

- Abdominal pain
- Bloating
- Constipation
- Fatigue
- Feeling full
- Heart Burn
- Irregular menstrual cycles
- Nausea
- Painful intercourse
- Pelvic discomfort
- Urinary urgency or frequency

Due to ovarian cancer cell's rapid growth, if you 've got one or more of the symptoms mentioned above that do not subside, you must seek medical attention quickly.

#### **Common Risk Factors**

- Genetics (BRCA1 and BRCA2)
- Family History
- Personal history of cancer
- Endometriosis
- Ovarian cysts
- Reproductive issues
- Infertility
- Hormone replacement therapy
- Being overweight
- Hormonal Imbalance
- Lynch Syndrome

#### **Genetic Risks**

Reproductive cancers can be linked to a hereditary genetic mutation called BRCA; this includes breast cancer as well. Although a high percentage of ovarian cancers are genetically passed down, many women with no family history are also at risk for developing ovarian cancer. Lynch Syndrome is also a genetically inherited syndrome that causes various cancers, including bowel, endometrial, and ovarian, as well as other cancerous conditions like colon, stomach and uterine cancers.

According to the National Cancer Institute (NIH), "A woman's lifetime risk of developing breast and/or ovarian cancer is greatly increased if she inherits a harmful mutation in BRCA1 or BRCA2.

About 1.3% of women in the general population will develop ovarian cancer sometime during their lives (1). By contrast, it is estimated that about 44% of women who inherit a harmful BRCA1 mutation and about 17% of women who inherit a harmful BRCA2 mutation will develop ovarian cancer by the age of 80 (2)."

#### Testing is CRITICAL

The most common diagnostic testing involves a gynecological examination, transvaginal ultrasound, blood tests for the antigen CA-125 (detects cancer cells), and genetic testing for BRCA1 or BRCA2 mutations

Genetic testing is a cutting-edge medical technique that looks at your unique genetic makeup, and that can be used to see how your DNA might shape your health over the course of your life. A sample of DNA is collected—typically with a small sample of blood or saliva—then analyzed in a lab to look for evidence of genetic disorders or vulnerabilities to some diseases. For example, people with specific gene mutations might develop some cancers earlier in life, or at a higher rate, than the general population. This is precisely the case with BRCA mutations.

If you are predisposed to ovarian cancer or have a family history, Dr. Vahora's genetic risk panel includes BRCA 1&2, Lynch genes and others that can put you at risk for ovarian, breast and or uterine and colon cancer. Hormone therapy may not be indicated if you are a carrier if these genes or if you have a family history of cancer or have had cancer.

#### Surgical Intervention

If you have an ovarian cancer diagnosis, Dr. Vahora will work directly with you to discuss the possibility of having an oophorectomy (removal of ovary) on one or both ovaries, which also might include the fallopian tubes, or a full hysterectomy. These precautionary surgeries will reduce your risk of ovarian cancer by approximately 90% and breast cancer by 50%.

If you have your ovaries removed or a hysterectomy, your hormones will become even more imbalanced, which can lead to vaginovulvar atrophy (VVA: dry, painful, condition). Hormone therapy is not always an option and it does not improve VVA; however, an

advanced technique that has helped countless women is available. Mona Lisa Touch® is a ground-breaking laser procedure that revitalizes and rejuvenates the vagina.



#### MonaLisa Touch®

laser therapy for VVA
no medications
no cutting
no lengthy healing times
No pain
In-office

The laser assists with the bodies cell renewal to regenerate the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane. Now it's possible to have relief from VVA!

#### Advanced And Individualized Care

The office of Dr. Parveen Vahora 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 has 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 her team get patients back to their normal routines faster.

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

## **Picking the Right Provider:** Why Not All Hospice Organizations Are the Same

ospice is hospice, right? Not exactly. A common misconception about hospice care is that all hospice organizations are the same, but this is far from the truth. Hospice is a philosophy of care that focuses on pain management, symptom control and comfort at the end of life. But, almost every provider is different, and can even offer different services and additional patient programs.

The hospice that took care of your Aunt Susy in Ohio is a different hospice than the one visiting your neighbor across the street. While some hospices belong to a corporate national chain, most are local community hospices that focus on the community in one particular area or county.

Not all hospices are not-for-profit organizations. According to the National Hospice and Palliative Care Organization, less than onethird of all hospices are actually non-profit organizations. Non-profit hospices are able to fundraise and use donations to cover the cost of care for patients who do not have insurance, Medicare or Medicaid, ensuring that everyone who needs care, gets it.

#### In Pasco County, patients have a choice.

In Florida, hospices can only care for patients in the county for which they are licensed. This means that in many counties, patients have very few or even one choice for which hospice they will use for care. Pasco County is one of the counties in which patients make the decision of which hospice provider to use. Because Pasco County residents have that option, it's important to know how to make that educated decision.

If you feel you may be faced with that decision at some point, whether for yourself or a loved one, it's important to gather all the information ahead of time so that when the time comes, you can easily voice your preference to ensure you receive the care and services you want.

#### Questions to ask when considering a hospice provider:

- Is it a non-profit organization?
- Are they local and in my area?
- What kind of accreditations have they earned?
- What kind of additional programs do they offer for me and my loved ones?

#### Gulfside Hospice - Offering Unique Programs To Go Above & Beyond

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

Because Gulfside is a non-profit organization, they are able to receive special funding and grants that allow the team to offer special programs and services for patients. Three of Gulfside's programs that make a big impact on patients, families and the community are the We Honor Veterans program, the Pet Peace of Mind program, and Comfort Connections dementia program.

#### We Honor Veterans

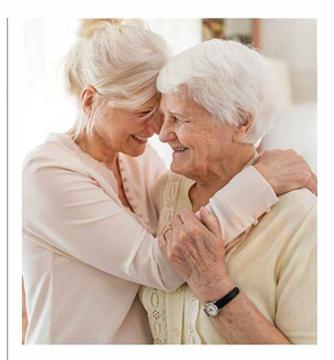
Gulfside is a Level Four partner of the We Honor Veterans program, which is partners with the VA to provide specialized care to patients who are veterans. Currently one out of four hospice patients is a veteran. These patients and their families have very special needs, especially at the end of life. All staff members at Gulfside are trained to care for their unique needs, and they place a special emphasis on pairing veteran patients with veteran volunteers who can better understand their situation.

#### Pet Peace of Mind

Pets are family. Many times patients come onto hospice care and one of their biggest concerns is what will happen to their pet. The Pet Peace of Mind program at Gulfside helps make sure the pet is cared for with food, supplies and basic veterinary and grooming needs. When the time comes, the team will also work to find a forever home for the pet if needed.

#### **Comfort Connections**

The goal of this program is to provide enhanced care to those living with dementia, Alzheimer's Disease, and similar disorders at the end of life. The program offers extra support and resources for caregivers, engagement and socialization projects for patients, education on the disease progress for caregivers, and support groups for the community.



### Gulfside Hospice - Providing Quality Care for

In addition to these unique programs, Gulfside also provides quality care for the patients based on their individualized plan of care. This includes regular visits from physicians, nurses and CNA's, the ability to contact the nursing team 24/7, coordination of medical supplies, medication and equipment, spiritual care from chaplains, and so much more.

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





# **GAINSWave Technology Can Help with Prostate Cancer Side Effects**

BY DR. ROBERT LUPO, D.C.

rostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way; just a simple examination and getting regular checkups can alleviate these grim statistics.

Even though there are rarely signs of early prostate issues, some of the most common symptoms of the disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

#### Screenings

There are several different standard tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpitating the prostate through the rectum to feel if it is enlarged. The second testing is done through a PSA (prostate-specific antigen) count. The blood is tested for these specific protein-synthesized prostate cells, the higher the number of PSA, the more likelihood of impending prostate cancer. These screenings can't tell for sure if you have cancer, so diagnostic testing is needed if one of these screening tests is abnormal.

#### **Cardiovascular Conditions**

Some of the side effects and symptoms of prostate cancer and prostate disorders can lead to erectile dysfunction. Erectile dysfunction is related to cardio-vascular issues like high blood pressure or atherosclerosis (hardening of arteries). Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. 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.



Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance 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 ground-breaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSwave.

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

#### Don't Just Mask Your Symptoms

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSwave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

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).

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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14522 University Point Place North Tampa, Florida 33613 813-978-0020

www.RidetheGwave.com



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- Hormone Replacement
- IV Nutritional Therapy
- Massage Therapy
- Platelet Rich Plasma
- Spinal Decompression
- Trigger Point Injections
- Venus Freeze Therapy
- Zerona Fat Loss Laser



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14522 University Point Place, North Tampa, Florida 33613

## 5 Practical Ways to Power Up Your Immune System



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

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

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

#### **Emphasize Nutrition and Dietary Supplements**

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

Vitamin C, Green tea, curcumin, ginger and garlic all have antioxidant and anti-inflammatory properties in both supplement and food form. Glutathione is also a great supplement to boost immunity. Glutathione is one of the most potent antioxidants and tends to be most useful for detoxifying and healing the body.

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

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

#### Sleep

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

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

#### Exercise

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

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









## Joint Surgery Alternatives?

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

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

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



James Leiber, DO Medical Director



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