

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2020

Marion Edition - Monthly

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LINKED TO
ALZHEIMER'S
DISEASE**

**DIABETIC
NEUROPATHY**
HOW PHYSICAL THERAPY
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**CELEBRATING
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CAN BE STOPPED
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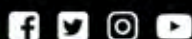
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Uzoma K. Nwaubani, MD
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Lung Cancer Can Be Stopped in its Tracks

Lung Cancer is Stealthy. Outsmart it With Annual Screening.

Surprising to many, lung cancer is the leading cause of cancer death among Americans, surpassing colon, breast and prostate cancers combined. The main cause of lung cancer is tobacco smoking, accounting for an estimated 84% of annual lung cancer deaths in men and 76% in women. The risk of developing lung cancer can be 20 times greater for heavy smokers than for lifetime nonsmokers, and the risk increases with both the length of time spent smoking and the amount of tobacco smoked. A person is considered at high risk when they have reached 30 pack years, which is the number of packs smoked per day times the number of years spent smoking.

People who quit smoking continue to have a higher risk of developing lung cancer than lifetime nonsmokers, but this risk shrinks over time – after 15 years, risk may be considered comparable to not having smoked. As with all cancers, lung cancer demands early discovery for the most effective treatment. With lung cancer, this means spotting it before it produces symptoms like chronic cough, wheezing or shortness of breath, signs that it has spread outside the lung, when it is typically impossible to cure.

The good news is that research proves that lung cancer screening reduces the risk of dying of lung cancer.

To that end, the American Cancer Society, the US Preventative Services Task Force and the American Association for Thoracic Surgery recommend that current and former smokers ages 55-80 who have reached 30 pack years (or 20 pack years if combined with a chronic respiratory condition like asthma or COPD), engage in an annual lung cancer screening called low-dose computed tomography, or LDCT.

LDCT screening is an easy, noninvasive and painless exam that takes only minutes to perform, with little to no prep required. You simply lie comfortably on a table for a few minutes while the imaging system captures detailed views of your lungs. LDCT screening is capable of discovering lung cancer in its earliest, most treatable stages. In fact, LDCT has shown to be 20% more effective



at catching early lung cancer than a standard chest X-ray. For 1 in 5 patients, that can be a lifesaving difference.

RAO's Board-certified radiologists subspecialize in diagnostic radiology and read all results personally and will consult directly with your physician when needed.

Remember, caught early, lung cancer can be cured, so don't wait. If you're at high risk for lung cancer, talk to your referring clinician about whether LDCT screening might be right for you. It can be the key to ensuring that you're around to enjoy all that life has to offer.



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LDCT lung cancer screening can catch cancer early before it produces symptoms, when it is highly treatable. A quick, painless snapshot can secure more time for everything you hold dear. If you are or were a heavy smoker, ask your doctor if LDCT might be right for you.



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A FULL CIRCLE OF CARE CENTERED ON YOU.

Men's Health:

Why You Need to Stay on Top of Your Medical Exams

The month of November is also referred to as MOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

Getting Your Prostate Checked is Not Optional

Prostate cancer is often referred to as a silent killer. As men age, it can become enlarged, infected, and cancerous. Prostate 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 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

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

Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.



Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patient's hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances a single surgical removal may be fitting, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

Services Offered & Conditions We Treat

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- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.

5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



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

3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

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

Alternatives to Surgery

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

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

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

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

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Not All Arthritis or Injury Requires Surgery—Injections Can Delay Surgery, and in Some Cases Eliminate the Need

By Karl F Siebuhr, MD



Orthopedic surgery is unfortunately common, especially as people age. This is notably true here in the Sunshine State where individuals are more active in their senior years. With golf, tennis, pickleball and kayaking being some of the most popular means for exercise and leisure, seniors (and younger adults) often succumb to wear and tear issues in their joints, as well as injury.

Many people fear that orthopedic surgeons may push for surgery that's unnecessary, but with Reconstructive Orthopaedics of Central Florida, they very often treat patients conservatively in the beginning stages and monitor the reduction in inflammation and pain before making surgical suggestions.

Conservative treatments Include Injections: The History of Injections

Many patients do very well with corticosteroid injections and/or viscosupplementation injections. Viscosupplementation was first used in Europe and Asia and was later approved by the U.S. Food and Drug Administration in 1997. The first patient treated for rheumatoid arthritis with steroid injections was in 1948. Soon other patients with arthritis received cortisone, which stimulates natural cortisone production.

Corticosteroid injections

This is an innovative treatment that allows the surgeon to view the precise placement of the cortisone injectable via an advanced ultrasound machine to make certain that all of the pain and tension relieving material is placed accurately. Corticosteroid injections relieve inflammation, swelling, and pain both immediately and over an extended period of time.

Viscosupplementation (also known as hyaluronic acid injection)

Viscosupplementation is an FDA approved gel-like substance that is very similar to the synovial fluid in our joints. Synovial fluid reduces friction by acting as a cushion and lubrication of the joints.

Viscosupplementation involves injecting a lubricating fluid into the arthritic or damaged joint to promote more comfortable movement, reduce inflammation, create a gliding surface for adjoining bones, and slows the progression of arthritis. Viscosupplementation is injected under fluoroscopic technology, which allows the practitioner to precisely see where the gel is being placed. Viscosupplementation is often times added to a physical therapy regimen to help patients achieve optimal outcomes.

Depending on the severity of your conditions, injections can stave off the need for imminent surgery, and in some cases, eliminate that need altogether. It's important to seek out experienced orthopedic surgeons to find customized options that are best for you.

Reconstructive Orthopaedics Reconstructive Orthopaedics Services Include:

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Reconstructive Orthopaedics is driven by a personal investment in the success of each and every patient. We demonstrate this by providing state-of-the-art orthopaedic care personally tailored to each patient's individual needs, delivered with technical excellence. The goal is to improve function and restore the highest quality of life possible.

Reconstructive Orthopaedics is committed to the Ocala Community to bring a very unique skill set of care for the seriously injured and wounded to help patients regain and restore their lives so they may regain and maintain a purposeful and joyful life.

Reconstructive Orthopaedics is committed to supporting the Ocala Community by providing high-quality services through Orthopaedic and volunteer services, regardless of socioeconomic status, social status, religion, race, or sexual orientation.

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Lung Cancer & COVID-19

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States, with more people dying of lung cancer in a year than from breast, prostate, colorectal and brain cancers combined. It is the second most common cancer in both men and women, ranking just behind prostate and breast cancer, respectively.

IMPACT OF COVID-19

While the COVID-19 pandemic has affected just about every aspect of our lives to some degree, cancer screening, diagnosis and treatment have been highly impacted. Many have chosen to delay cancer screenings and, in some cases, cancer surgeries and treatments because they do not want to risk going to a doctor's office or hospital and being exposed to the virus. It's a concern that is understandable because cancer patients, especially those who are in active treatment, are extremely vulnerable to COVID-19 due to their compromised immune systems.

Lung cancer patients, in particular, tend to be older and have a variety of underlying conditions. They are not necessarily more susceptible to the virus, but if they get it, they are more likely to have more severe complications, according to a recent study conducted at Memorial Sloan Kettering Cancer Center in New York and published in June 2020 in the *Annals of Oncology**. The study reported that 62% of the lung cancer patients were hospitalized and 25% died. Severity of the disease was suspected to be linked to how much or how long the patient was smoking or had smoked. Because of this increased risk, lung cancer patients should be extremely vigilant about taking precautions to prevent the disease.

* <https://doi.org/10.1016/j.annonc.2020.06.007>

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 19%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 61%. So, your chances of surviving lung cancer are three times greater when it is detected early.



Smoking remains the greatest risk factor for lung cancer with approximately 85% of all cases of lung cancer occurring in people who are smokers or have smoked in the past.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important - especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a network of expert, Board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state in nearly 100 locations. FCS is on the leading edge of clinical trial research, which provides patients access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.

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REGENERATIVE MEDICINE: Dr. Maharaj Makes House Calls—Virtually

Stem cells have a remarkable ability to exacerbate healing and they provide multiple anti-aging mechanisms. Numerous studies and patients purport healing of joints, soft tissue disorders, improved range of motion, diminished pain, and antiaging results.

With the Maharaj Institute you not only receive optimal care, but you can achieve optimal results due to the unprecedented training and experience level of Dr. Maharaj and the practitioners.

Along with excellence in care, the Maharaj institute has implemented several "house call" services for their patient's exclusive needs.



As a member of the Maharaj Institute of Immune Regenerative Medicine, You have distinguished access to regenerative medicine—wherever you are—remotely!

Virtual Visits

Remote Tele-Health can be accessed by phone and by web video chats. A simple click on a link and you can see the doctor face-to-face, ask questions, get answers, review test results and talk about next steps.

Home Deliveries

Along with virtual visits, Dr. Maharaj's office is also able to deliver supplements to your door. If you're running low on your supplements? Have them auto shipped to your front door or location of your choice today! Ordering is easy, and shipping is fast!

Tests in the Privacy of Your Home!

A host of tests can be shipped directly to your home for quick and easy use and results!

Regenerative Medicine

Stem cells can help to regenerate new cells and replace diseased cells. At the Maharaj institute, they have helped numerous individuals with cancer, diabetes, autoimmune disease, dementia and Parkinson's reverse the signs of these disorders. The first step is to make an appointment to get your immune

system tested. The second step is to have a customized plan for your specific needs mapped out, and of course, receive any treatment that you might need. The final step is to bank your stem cells.

Stem Cell Cryobank: Why should you collect your peripheral blood adult stem cells?

Collecting your peripheral blood adult stem cells today is like creating a time machine for your immune system. It's a bit like a computer back up; by banking your stem cells, you have a "backup" to help restore the bone marrow and a compromised immune system through adult stem cell therapy if ever needed.

All body cells age, including the stem cells. The pool of stem cells in the bone marrow is continuously undergoing a process of self-renewal and differentiation. During this process, there is always the risk of genetic damages and/or other cellular damages. Just the act of aging is enough reason to collect and store your stem cells in a cryogenic bank. As people age, so does their immune system, thereby increasing the risk of infections and the potential development of cancer and other chronic diseases.

Another reason why stem cells should be collected and stored is that with aging, the number of functional stem cells decreases. Further, as people get older, their stem cells also tend to lose their ability to differentiate into new cell lines, including much-needed immune cells.

The good news? By collecting and banking your stem cells—especially while you are healthy—you are collecting a large number of stem cells and an array of differentiated cell lines, including the ones committed to form immune cells. Banking those cells provides the assurance that those frozen cells will not age and they will be available for you at a later date should you ever need to reset your immune system.

The Maharaj Institute of Immune Regenerative Medicine

10301 Hagen Ranch Rd., Suite 600,
Entrance C
Boynton Beach, FL

561-752-5522

www.stemcellimmuneregenerative.com

THEREFORE, HARVESTING AND STORING YOUR HEALTHY IMMUNE SYSTEM FOR LATER USE, OR FIRST BOOSTING IT, THEN STORING IT CAN BE THE BEST INSURANCE FOR LATER IN LIFE. SOME OF OUR CRYOBANK CLIENTS HAVE SAID, "IT'S LIKE HAVING YOUR YOUNGER TWIN ON STANDBY TO HELP"!

About The Maharaj Institute

Through a science-based approach, The Maharaj Institute focuses on helping all people—the healthy and those facing health issues—in the following ways:

- Providing everyone the opportunity to monitor, adjust and manage the health of their own immune system through a Wellness Anti-Inflammatory Program in the interest of living healthier and longer lives through health preservation.
- Giving those at risk today the means to battle disease and potentially avoid it tomorrow, including those who are cancer survivors but are at higher risk of future bouts with the disease.
- Measuring and developing strategies to improve immune dysfunction which occurs in patients suffering from cancer, recurrent infections, chronic diseases such as Parkinson's disease, Alzheimer's disease, Chronic Fatigue Syndrome, stroke, scleroderma and other autoimmune and chronic illnesses as well as disorders associated with aging and frailty.
- Helping the seriously ill regain their natural immune ability to fight and overcome aggressive diseases such as cancer and chronic inflammatory diseases.
- Preservation of Stem Cells/Immune Cells of healthy individuals by Collecting and Storing in a cryogenic bank adult and cord blood stem cells for future use.
- Educating health care professionals and conducting research to improve survival and quality of life of patients.

As we move into the new paradigm of personalized and precision medicine, the Maharaj Institute is uniquely positioned to combine years of clinical and laboratory experience with new innovations in Immunotherapy, Cellular Therapy and Regenerative Medicine, all while giving patients the highest level of compassion, professionalism and respect.

Become a Maharaj Institute Patient—Experience World Class Care Virtually or in-office—Schedule Your Appointment Today!

Breast Cancer and Bone loss:

How to Quickly and Effectively Improve Bone Density

Many people experience bone density loss from the effects of aging, injury or degenerative wear and tear, but for those that have undergone breast cancer treatment, bone loss is a common issue. This is also true for many other types of cancer.

Chemotherapy drugs are known to reduce bone density, and with breast cancer, in particular, many of the medications can push a woman's body into early menopause, which exacerbates the depletion of minerals in the bones.

Going through breast cancer is extremely challenging on physical, emotional, and medical levels. A healthy diet and exercise are critical to help patients feel better and recover faster, but there is also an innovative way to increase bone density rapidly.

OsteoStrong Increases Bone Density

The greatest effect on bone strength and health is the result of high-impact activity, and hundreds of studies have confirmed this, even identifying the minimum dose of force required through bone as being over 4 times bodyweight in the hip joint.

As adults, impact becomes associated with injury therefore adults intentionally avoid impact and thus even those who engage in exercise often fail to maintain bone health. OsteoStrong utilizes a series of robotic musculoskeletal treatment devices utilizing high impact emulation, so that people can get the benefit of impact without the associated risks, providing a physical medicine option that has no side effects.

Medication Issues

Bisphosphonates are generally the first line of defense for patients diagnosed with osteoporosis. Unfortunately, the risk of side effects can make this a complicated decision. Until now there were few exercise-based non-pharmaceutical options that offered significant increases in bone density in a safe manner for even the most high-risk patients.

Why only 7 Minutes per week? Can't I do weight training and get the same effect?

The published research on this topic does not indicate that strengthen your bones through convention exercises or weight training is likely. A study published in 2012 identified that the minimum force required to trigger bone growth is 4.2 multiples of body weight (4.2 MOB). Engaging in that amount of force safely, outside of an OsteoStrong® center is not recommended for most people. The good news is that our proprietary Spectrum System safely allows clients to experience much more than the 4.2 MOB minimum to trigger the skeletal building response people are looking for.

OsteoStrong offers a highly effective, evidence-based musculoskeletal strengthening program that can be used to compliment and or replace pharmaceutical treatment and as a preventative protocol.

OsteoStrong is a membership-based Integrative Health and Wellness Center with a focus on Musculoskeletal Strengthening. The four device circuit takes only minutes once per week to complete. Under the direction of a skilled technician, users engage in a safe controlled movement on each device that results in a stimulus to the central nervous system triggering osteogenesis or new bone growth.

Each device provides instant biofeedback with a member's impact emulation force exertion measured in pounds and multiples of body weight.

Data is recorded and a report is sent to the member detailing their progress at the conclusion of each session.

To schedule your appointment please contact OsteoStrong today.

352.218.8800 | osteoststrong.me

Who Can Benefit?

- Anyone with Osteopenia or Osteoporosis
- Pre and Post-Menopausal women
- Anyone resistant to pharmaceutical treatment
- Deconditioned patients needing strength and balance training
- Anyone with balance and fall risk
- Individuals experiencing chronic pain or poor posture
- Anyone in need of post-physical therapy strengthening

Client Reported Results

- Up to 14% increases in BMD over 12 months between DEXA scans
- Increased agility
- Decreased joint pain
- Significant improvements in strength and balance
- Better posture

OsteoStrong® is a biohack that helps you strengthen the foundation of your body – the skeletal system. Unlike other health solutions, you don't have to spend hours at a gym or exert physical energy that will leave you feeling tired by the time you're done. Just show up as you are, and we'll handle the rest!

Sweat-free

- Painless
- Fast: less than 10 minutes
- Will not leave you feeling fatigued
- Will not leave you feeling sore the next day
- Once per week

Hear from our clients how they are living a better life, thanks to Osteoststrong.



Gary Caluducan: 33-year-old business owner and father - training here one year.

"I started wrestling professionally at age 17. After breaking my collarbone, I realized it was time for a career change. But I was left with pain, especially in my clavicle whenever I slept on it," Gary explains. "As soon as I started at OsteoStrong, I realized a surge in energy. I feel as though my body has been strengthened from the inside out. Now I have more energy to spend with my two-year-old daughter and wife."



Marlene Evans: 63-year-old grandmother - training here for three months.

"The osteoarthritis in my knees had gotten so bad, I could barely go up and down stairs," Marlene states. "A cortisone shot helped a year ago, but the one I had this March wasn't as effective. I heard about OsteoStrong and decided to give it a try. What a difference. The pain is greatly reduced, and, after just a few sessions, I was running after my three-year-old grandson."



Maryann Sheranko: Aging timelessly - training here for one year.

"Three years ago, my bone scan diagnosed osteopenia and osteoporosis in my hips," Maryann reveals. "I spent three months on an osteoporosis medication and had terrible side effects, so I stopped taking it. After a few months here, I had another bone scan and there was dramatic improvement. The experience here has made me feel enthused about life again."



O S T E O S T R O N G



Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

Depression is characterized by low mood lasting at least two weeks and is often accompanied by low self-esteem, loss of hope, lack of interest in activities, and unexplained pain. Depression affects 1 in 5 people at some point in their lifetime. Some have periods of depression separated by years of "normal" mood, while others have nearly continual symptoms for many years to decades. Depression negatively impacts all aspects of a person's life, including personal relationships, work, education, sleep, eating, and health. Most concerning, as many as 8% of adults with major depression die by suicide.

Depression has many overlapping causes, including genetic, environmental, and psychological. Contributing factors include family history of depression, major life changes, certain medications, chronic medical problems, and substance abuse. Genetics plays a role in about 40% of cases.

Counseling and antidepressant medications are the mainstay of treatment. Unfortunately, these treatments take weeks to months to work. For as many as 1 in 4 depressed patients, counseling and antidepressants are ineffective, leading many to fall into despair. In the past, these "treatment-resistant" patients' only hope of returning to normal was electroconvulsive, or shock, therapy. Shock therapy helps about 60% of the time, but side-effects such as confusion, memory loss, and muscle aches are common.

Ketamine – an old drug with a new use

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose intravenous (IV) ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose IV ketamine has been found to be a fast acting and highly effective treatment for depression, anxiety, and certain pain disorders.

About 17 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant depression. Since then, studies have proven conclusively that the drug not only works but works quickly. Studies show that 3 of every 4 patients with treatment-resistant depression see improvement in symptoms within 24 hours of being injected with low-dose ketamine. According to Yale researchers, ketamine's effects are rapid and long-lasting. The effects from a single infusion last between seven and 14 days.



In an official consensus statement published April 2017 in the journal JAMA Psychiatry, the American Psychiatric Association states that ketamine "produces rapid and robust antidepressant effects in patients with mood and anxiety disorders that were previously resistant to treatment." The consensus statement goes on to establish standards for providing IV ketamine treatments for mood disorders, including patient selection, clinician training, drug dosage and delivery, follow-up, and essential safety measures. In doing so, the consensus brings ketamine infusion out of the realm of experimental research and into everyday medical clinics, such as The Infusion Clinic of Ocala.

Ketamine infusion – what to expect

Before beginning treatment with ketamine, your infusion provider will thoroughly review of your history and perform a physical exam to determine if ketamine is right for you. Treatment consists of two phases. The first, a loading phase, consists of six 40-minute infusions given in an outpatient clinic over a two to four-week period. Many patients experience relief within hours of their first infusion and most know by their third infusion whether they will benefit from ketamine. After the initial loading phase, a single 40-minute maintenance infusion, or booster, is given about every 1 to 6 months depending on the patient. While undergoing ketamine infusion therapy, the patient continues to work with their primary medical provider, psychiatrist, and/or therapist. Adjustments to any of the patient's chronic medications remains under the direction of these providers, who receive progress reports from the infusion provider to be sure they are kept in the loop.

Patients are typically awake and interactive during the infusion, which achieves an effect described by the American Society of Anesthesiologists as "minimal sedation or anxiolysis." Some patients describe colors as being more vibrant and sounds being more accentuated.

Side effects of ketamine infusion are generally mild and self-limited. Nausea near the end of the infusion is the most common reaction, occurring in <5% of patients, and is easily treated with antiemetics, such as Zofran. Less commonly, anxiety reactions can occur and are treated with IV benzodiazepines, such as Versed. Your provider will be well-prepared to manage these and any other reactions that might occur.

Patients should not eat food within 4 hours or drink fluids within 2 hours of their infusion. In our clinic, The Infusion Clinic of Ocala, you are welcome to bring a companion to be with you during your infusion. We recommend that you bring headphones and music that is relaxing for you. You will be placed in a comfortable massage recliner in a private room, an IV catheter gently inserted, and the infusion started. During the infusion, you remain connected to a device that monitors your heart rate, blood pressure, and oxygen level. You may listen to music, read, relax or even nap during the 40-minute treatment. Afterwards, you are required to stay for a short recovery period, typically 15-30 minutes. You will need to have an adult present to drive you home from your appointment.

Conclusion

Depression is a common and debilitating condition that robs a person and their loved ones of the joy of living life. Most cases improve with counseling and antidepressant medications, though these treatments often take weeks to months to be effective. For the 25% of patients with treatment-resistant depression, ketamine infusion therapy offers rapid and lasting relief. **Find out more or schedule a consultation at <https://tinyurl.com/ico-hw> or call (352) 325-5755.**



THE INFUSION CLINIC
OF OCALA

2801 SE 1st Ave., Ste 201
Ocala, FL 34471
(352) 325-5755

Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 2801 SE 1st Ave Ste 201, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 16 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides low-cost ketamine infusions for the rapid treatment of anxiety, depression, PTSD, and chronic pain.



YOU'VE BEAT BREAST CANCER, NOW, RECLAIM YOUR LIFE AND SAY BYE-BYE TO PAINFUL SEX

Uzoma Nwaubani, MD, FACOG, FPMRS

Breast cancer survivors almost always suffer from prolonged side effects of estrogen deprivation, especially with vaginal dryness and consequently, decreased libido. Estrogen treatment is contraindicated in them. There is now a novel new therapy for both their pain with intercourses due to vaginal dryness.

Vaginal & Vulvar Atrophy

Due to the limited estrogen supply, the walls of the vagina start to thin out and degenerate, causing dryness, burning and inflammation. This mucosal impairment can make intercourse very painful and can cause urinary disorders that interfere with daily activities, such as walking, sitting, standing, and exercising. Due to the extreme pain and discomfort that it can cause, vaginal atrophy is a major lifestyle disruption for many women.

There are many options for women to try and relieve their symptoms like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects, no cutting, no downtime, and only takes a few minutes to perform in the convenience of your physician's office.

MonaLisa Touch® fractional CO2 vulvovaginal Laser therapy is an FDA approved treatment for this problem that doesn't involve the use of hormones. It grants all women dealing with this common post-menopausal problem complete symptom resolution, revascularization, and better epithelization of the vagina and thus revitalization of their intimate lives and a completely new lease on life.

An advanced technology called the MonaLisa Touch®. It is a groundbreaking laser therapy for the vagina and vulva. There are no medications, no surgery and no lengthy healing times with this procedure. It's similar to having a basic Pap smear examination done. The laser does not burn or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting by your physician.

Additionally, **VITALIA-A Radiofrequency** vaginal and vulva treatment improves libido and sexual gratification in all women. For nonoperative revision of their breast surgery and other surgical scars.



Our non-ablative **1540 ICON Laser** combined with **PICOSURE** has no competition.

The combined therapy is the best combination of non-invasive revitalization and resurfacing laser treatment for surgical scars. The Icon system offers industry-leading IPL and laser therapies, as well as Skintel(tm), the industry's only live melanin reader. These combined technologies can also help with pigmentation issues.

More information on MonaLisa Touch® Therapy, Vitalia RF vaginal therapy, ICON and PICOSURE laser resurfacing for scars can be obtained from the Cynosure website at <https://www.cynosure.com>.

Uzoma K. Nwaubani, MD

Dr. Nwaubani is dedicated to the most advanced technology and patient care; she has added the MonaLisa Touch® to her services because of its successful outcomes and the alternate option for women that are looking for minimally invasive same day procedures to treat their discomfort. In Her urogynecological practice, Dr. Nwaubani's mission is to provide her patients with the finest most thorough care possible with a warm, personal approach.

NUWA WORLD

Urogynecology & Medical Spa & Laser Center

Along with the highest quality urogynecological care, NUWA World offers exceptional skin tightening solutions like SmartLipo®, TempSure® and Icon®. These are popular with good reason; they can beautify your complexion in quick and convenient in-office treatments. At NUWA WORLD in Wildwood, Florida, the attentive aesthetic specialists provide facial and body laser treatments to address your cosmetic problems.

Dr. Nwaubani states, "The passion for the preservation of femininity and female sexuality has never been stronger than now, and as I look back to the last 18 years, I am both exhilarated and completely awed by the advances and strides the sub-specialty has made. I am really humbled to be a part of it all.

I treat all my patients the way I love to be treated, or, even more so, the way I'd love my mother or sister to be treated: like a woman, a very special woman. The impact I am able to make to enhance the quality of the lives of these women is PRICELESS."

For more information Urogynecological issues, or to treat yourself to the best in advanced modern cosmetic skin tightening and skin enhancement and call NUWA WORLD or schedule an appointment online.

Contact NUWA WORLD today to schedule your appointment.



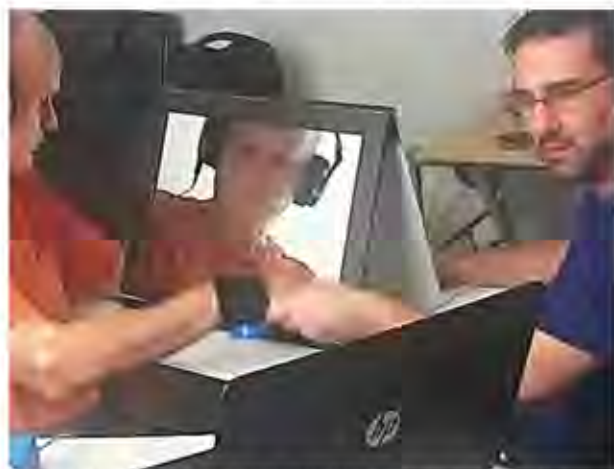
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WHAT IS FUNCTIONAL NEUROLOGY?

By Alexander C. Frank, DC, DACNB, FABES

"Your brain knows what YOUR senses tell it." Breakthroughs in clinical neuroscience have revealed that the brain is able to change and learn throughout one's entire life, including after an injury or disease process. This ability of the brain to change in structure and function is referred to as neuroplasticity. Dr. Frank applies his extensive knowledge of human anatomy and physiology to utilize drug-free treatments that drive the process of neuroplasticity. In layman's terms, his treatments "up-grade the software [brain, nervous system] to improve the hardware [muscles, etc.] output/function".



ONE TO ONE ADVANCED NEUROLOGICAL REHABILITATION

How Functional Neurology Differs

Although its applications have been practiced for generations, functional neurology as a health care discipline is a relatively new concept. In recent years it has gained significant momentum and wide acceptance as a proactive brain performance strategy and a powerful treatment option for disorders of the nervous system. The practice of functional neurology spans multiple disciplines, including chiropractic, psychology, conventional medicine, optometry, audiology, and physical and occupational therapies.

The key difference between Dr. Frank and a medical neurologist lies primarily in their approaches to treatment. A medical neurologist is focused on the diagnosis of structural pathology and utilizes pharmaceutical and surgical interventions to treat disease—Dr. Frank views his clients as diamonds, evaluating all facets of their health. Once the root cause(s) [suspects] of their health issues are identified, treatment plans can be tailored to that individual's needs.

Dr. Frank underwent both doctoral (chiropractic college) and post-graduate (chiropractic neurology) training, along with completing a 2-year internship with one of the top Functional Neurologists in the world, as part of a rigorous certification process. The intensive training undertaken ensures a higher level of clinical efficacy proficiency.

DO NOT ACCEPT "LEARN TO LIVE WITH IT".
THE BRAIN CAN CHANGE!



As an artist or chef uses many tools to bring their inspirations to life, Dr. Frank has a virtually unlimited arsenal of cutting-edge treatments and technologies in order to benefit the needs of any individual. Anything that can be used to stimulate the nervous system (e.g., vision, sound, smell, movement, balance, etc.) can be used as a method of neurological modulation (e.g., Drug-Free) therapy. These modalities are directed by some of the most advanced and clinically reliable assessments available today. Programs are supported by Functional Medicine approaches where metabolic function is assessed and improved with specific diet and nutritional interventions.

Who Can Benefit?

Dr. Frank has worked with a broad spectrum of patients: from brain-injured premature infants to Senior Olympic Centurions. Any brain can benefit from evaluation and training with Dr. Frank: Whether you are burdened with a chronic condition that you have been told to "learn to live with," have a child with developmental issues, are facing age-related memory loss and cognitive decline, have vertigo/dizziness or are looking to elevate your current level of academic, or athletic performance, Dr. Frank's brilliant insight and cutting-edge tools can help you or a loved one to meet and exceed health care goals and/or improve quality of life.



HELP THEM TO EXCEL BEYOND THEIR WILDEST DREAMS...
WITHOUT THE USE OF DRUGS



About Dr. Frank

I understand that no two people are quite alike, and as such, no two injuries or pains manifest themselves identically. That's why I offer a diverse range of neurological techniques,

chiropractic adjusting techniques, treatments, therapies, along with nutritional support, to better assist you and your loved ones' on the road to optimal health & maximum potential.

Dr. Alexander Charles Frank is the only Board Certified Chiropractic Neurologist in the North Central Florida area. He also holds a fellowship in Electrodiagnostic Specialties. Current course works includes Fellowship studies in Traumatic Brain Injury Rehabilitation, Vestibular and Concussion Rehabilitation, Childhood Developmental Disorders, and more.

Dr. Frank graduated Cum Laude from Life Chiropractic College West. He has interned and trained with the top chiropractic neurologists and functional medicine specialists in the world, in order to manage the most complicated of health issues.

Dr. Frank's comprehensive evaluations assess for the root cause(s) of his clients health issues. Treatment plans are then tailored to an individual's specific needs. In addition, Dr. Frank utilizes the most cutting-edge diagnostics and rehabilitation technologies. The Dx100 Video Oculography (eye tracking) systems helps to detect traumatic brain injury (concussion), dizziness, and other issues. The RightEye system assess for reading proficiency, along with other eye tracking issues that can impair both academic and athletic performance.

Dr. Frank has always felt an inner drive to serve his community. He has been a part of the Fire Rescue and EMS service since 1989, beginning at the age of 13. He received his state certification as a Fire Fighter II and Emergency Medical Technician in 1994. Dr. Frank served with Alachua County Fire Rescue during his studies in Gainesville, FL. He continued his Fire-Rescue career after college with the city of Plantation (FL) Fire Department, receiving the Rookie of the Year award for his Battalion in 1997.

To Schedule your appointment with Dr. Frank,
please call the Florida Functional Neurology
Group at (352) 571-5155.



**Florida
Functional
Neurology
Group**

(352) 571-5155 | ffng.org

Diabetic Neuropathy: How Physical Therapy Can Help

Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.



Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com



Florida Functional Neurology Group

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and learn how you can manage your balance.

Alexander C. Frank, DC, DACNB
Board Certified Chiropractic Neurologist



**Changing lives...
One patient at a time!**

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- Speech Therapy
- Massage Therapy

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Hearing Loss Linked to Alzheimer's Disease

November is National Alzheimer's Disease Awareness Month. Hearing loss is connected to a number of other health conditions. Several studies have indicated a link between it and cognitive decline, dementia, and Alzheimer's disease.

Arthur Wingfield, who teaches Neuroscience at Brandeis University, has been studying cognitive aging and the link between memory and hearing. Wingfield's research has shown that untreated hearing loss can lead to an increased amount of stress and poorer performance when it comes to memory tests.

"Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly," said Wingfield. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." This suggests that when your brain has to put in more effort to properly process and make sense of auditory information, your ability to retain that information may suffer.

A number of studies have also come out showing a link between hearing loss and dementia. In a 2011 study conducted by Frank Lin, an otologist and epidemiologist at John Hopkins University, and his colleagues' indicated that seniors with hearing loss are more likely to develop forms of dementia over time than individuals with normal hearing. And in 2013 they found that "hearing loss is independently associated with the accelerated cognitive decline and incident impairment in community-dwelling older adults." Which means that hearing loss, independent of other causes and contributors, was found to put people at greater risk of cognitive impairment.

Some experts believe that treating hearing loss with professionally fitted hearing aids could help delay dementia. Unfortunately, for many different reasons, a majority of individuals don't seek treatment or tend to delay getting hearing aids for many years.

HOW HEARING AIDS SUPPORT HEALTHY BRAINS

Although research into the causal link between hearing loss and different forms of dementia is ongoing, a few studies suggest that keeping mentally active through social connections or other intellectual stimulation may lower the risk of cognitive decline and Alzheimer's disease. Some ways to stay cognitively active and keep your brain healthy include:

Staying socially engaged: There are many benefits of being socially active, like reducing the risk of dementia and depression. Volunteering, joining a club, or just interacting with friends and family can keep your brain active and keep your mind sharp.

Maintaining a healthy diet: A diet that consists of vegetables, fruits, and whole grains while being low in fat and added sugar can keep your brain cells healthy and reduce the risk of chronic diseases, like obesity and cardiovascular disease. Eating foods with certain nutrients can help improve memory and slow down cognitive decline.

Getting regular exercise: A number of studies have found an association between physical activity and a reduced risk of cognitive decline. Participating in activities like walking, dancing, or swimming can help lower blood pressure, reduce mental stress, and increase blood flow to the brain, which all helps with the prevention of Alzheimer's.

Sources:
<https://www.signiousa.com/blog/hearing-loss-linked-alzheimers-disease/>

Stimulating your brain: Activities that are mentally stimulating help keep your brain healthy and have been shown to reduce the risk of dementia in seniors by as much as 75 percent. Simple ways to stimulate your mind include reading, word puzzles, and crafts.

The impact of untreated hearing loss shouldn't be ignored. It causes emotional and physical difficulties that reduce your ability to fully enjoy life. Addressing hearing loss by seeing a hearing care professional, and if needed, getting fitted with hearing aids, is one important, proactive step you can take to ensure your long-term physical and mental health.

Contact Premear Hearing today to find out more about your options to improve your hearing or to upgrade your hearing devices.

Premear Hearing Clinics: Our family continues to provide you with quality hearing products and excellent customer service. We also offer FREE 30 Day Trials, FREE Lifetime Servicing, FREE Repairs for any hearing aid from any manufacturer, and provide Financing options to fit your budget with 0% interest to you. We also accept many insurance plans. At Premear Hearing it is our goal to better your hearing and your quality of life.

Proud to be voted *Ocala Star Banner's Best of the Best "BEST HEARING AID CENTER" 3 YEARS IN A ROW. 2018, 2019, 2020. Thank you Ocala!*

FREE CLEANINGS, FREE ADJUSTMENTS, FREE UPDATED HEARING TESTS, FREE REPROGRAMMING, FREE IN OFFICE REPAIR, FREE FAMILY COUNSELING, FREE MAINTENANCE PLANS.

To schedule your appointment, please call Premear Hearing today at 352-236-6700 (East) or 352-438-0050 (West).

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Cannabis & Coronavirus

Covid-19 has slowly spread its way into the lives of almost every person starting with financial distress and ending in the constant fear of carrying on with everyone's daily routine. These strange times have called for unorthodox measures to be taken in order to flatten the curve of the spread such as work from home, telemedicine, and other contact free options of their previous counterpart. As such, the Florida Department of Health has now temporarily allowed patients to re-certify their marijuana prescriptions over the phone up until April 15th, giving them an alternative to the typical doctor office visit. The clinical side of the industry isn't the only side taking preventative measures; dispensaries are now doing minimal contact purchases as well as ramping up the delivery sector to protect patients especially for those who are immuno-compromised.

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all.



This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus.

Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).

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PACIFICA SENIOR LIVING:

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During the past several months, we've all learned the importance of being diligent about physical distancing, wearing a face covering and washing our hands. With the upcoming flu season, it's even more necessary to keep up with these critical protocols. Pacifica Senior Living practices stringent precautions and assists residents with proper, ongoing hygiene.

Pacifica Senior Living Guidelines

- Check temperatures of staff, visitors and vendors daily
- Maintains well-disinfected public areas (door-knobs, tables, chairs, counters, bathrooms, etc.)
- All staff maintain rigorous hygiene of workspaces and themselves
- PPE is provided if needed (masks, gloves, etc.)
- Carefully screen and monitor visitors/vendors on property
- Follows all guidelines from the CDC (Centers for Disease Control and Prevention)
- Flu vaccinations available onsite
- 24-hour onsite physician available

Pacifica always aligns the health and safety of their residents as their utmost priority. Additionally, Pacifica can assist with medication management and implement protocols to help seniors thrive in all manner of times. Furthermore, Pacifica is well-equipped with a generator and solar panels onsite. With plenty of activities, patients will never feel isolated or be faced to watch the news all day long (which exacerbates depression in many individuals).

Pacifica has enough food and supplies in the community for all residents, and consistently restocks. They prepare meals three times per day, as well as snacks and hydration. Pacifica provides access to 24-hour health care staff, regular checks made to check on the residents for care and safety, planned activities to avoid isolation that meet the CDC guidelines, and physician's visits within the community.

Pacifica offers 24-hour care, doctor onsite visits, housekeeping service, laundry service, chef prepared meals and community transportation.



Their Resident's health and safety is always Pacifica's top priority, and they thank you in advance for helping to support them in a company-wide efforts to keep the community COVID-19 free.

PACIFICA SENIOR LIVING OCALA

At Pacifica Senior Living Ocala, you will find an award-winning community that is designed to give seniors in both Independent Living and Assisted Living a retirement lifestyle that makes the most of these golden years. In our community, retirement isn't the end, but the next step in a grand adventure that is still filled with excitement and fun, while recognizing the need our residents have to relax and be cared for. We want to be more than the place that our residents live, we want to be the place they call home, and we work every day to make sure that happens.

Pacifica Senior Living understands that along with providing the best patient care, providing the entire family the support and education they need is essential for enhancing understanding and contentment for families.

Unlike most facilities, their home-like accommodations are custom built to help ease what can be an overwhelming time in life. This is precisely what sets them apart and makes them stand out.

If you would like to learn more about life at Pacifica Senior Living Ocala, please give us a call today, or schedule your own private, personalized tour and see what makes us great for yourself! We look forward to meeting our new neighbor.


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Celebrating National Hospice Month!

Submitted by Hospice of Marion County

November is National Hospice Month and what a way to help us celebrate it! Modern Healthcare announced on October 12 that Hospice of Marion County ranked #45 in the nation and is the only hospice organization in the state of Florida to make this year's Top 150 Best Places to Work in Healthcare. In making the announcement, the magazine's publisher said "Making the Best Places to Work list is rewarding in a normal year. Being one in 2020 is extraordinary. You should be incredibly proud."

That says a lot about the organization founded by a group of volunteers in the late 1970s and became accredited in 1983. Hospice of Marion County has come a long way in those 37 years. With nearly 450 employees, HMC has:

- earned Deemed Status from the Joint Commission, the national gold standard for quality healthcare,
- three hospice houses, with the majority of its 3,000 annual patients receiving care in their own homes, assisted living facility or nursing home,
- its own durable medical equipment company,
- expanded services with its Palliative Supportive Care, a consultation company for those in any stage of illness,
- the Monarch Center for Hope & Healing, which offers grief care to the Marion County community at no charge,
- Transitions, a support program with 150 clients who may still be receiving curative care, and
- is the only hospice in Marion County to attain Level 5 in the National We Honor Veterans program.



HMC strives to cover all the needs of those facing the end of life, living its mission statement daily: To provide exceptional compassionate end-of-life care to the community.

"Hospice of Marion County was excited to learn that we ranked #45 in the Provider/Insurer category out of 150 top healthcare organizations this year, especially since this was our first time being included in this prestigious award. Our team of professionals continue to amaze me with their dedication to excellence and compassion during this pandemic and are among the best in the nation," said Hospice of Marion County CEO Rick Bourne.

Hospice of Marion County employees – from front-line doctors and nurses to office workers and support staff – participated in a survey conducted in May, just as the coronavirus outbreak was at its height in the

first wave. Despite the stress of continuing to see patients and provide services at the same level, the staff took time to write about the best parts of their jobs and why they are dedicated to the work of hospice and its mission. The program looked at how companies empower employees to provide patients and clients with the best possible care, products and services while creating a flexible and responsive work environment. How companies have navigated the pandemic is only part of the story. They were also scored on traditional measures such as benefits and transparent communication from leadership.

Join us for several community events during November to help increase awareness about the benefits of hospice care. Visit www.hospiceofmarion.com for more info about these on our calendar page. (352) 873-7400 for general info or (352) 873-7415 for referrals.

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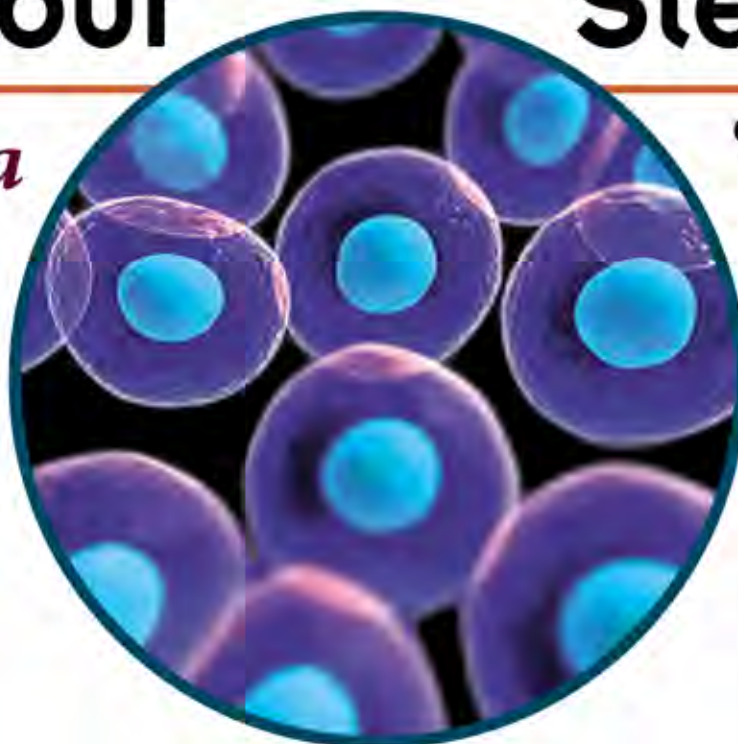
When advancing illness affects your family, hospice care may be the right choice... because when you feel better, you live better. And living well is what life is all about.

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Christine Meiner, M.Sc.

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Adult stem cells play a critical role in our overall health and longevity. In 2006 the *New England Journal of Medicine* stated that the number one indicator of wellness is directly correlated to the number of adult stem cells in the blood stream.

What are stem cells? They are cells with the potential to develop into any kind of cell needed. They have the incredible ability to heal and repair any organ or tissue. All stem cells share at least these two characteristics: they can make identical copies of themselves and, unlike other cells, either self-renew as stem cells or differentiate into other kinds of cells.

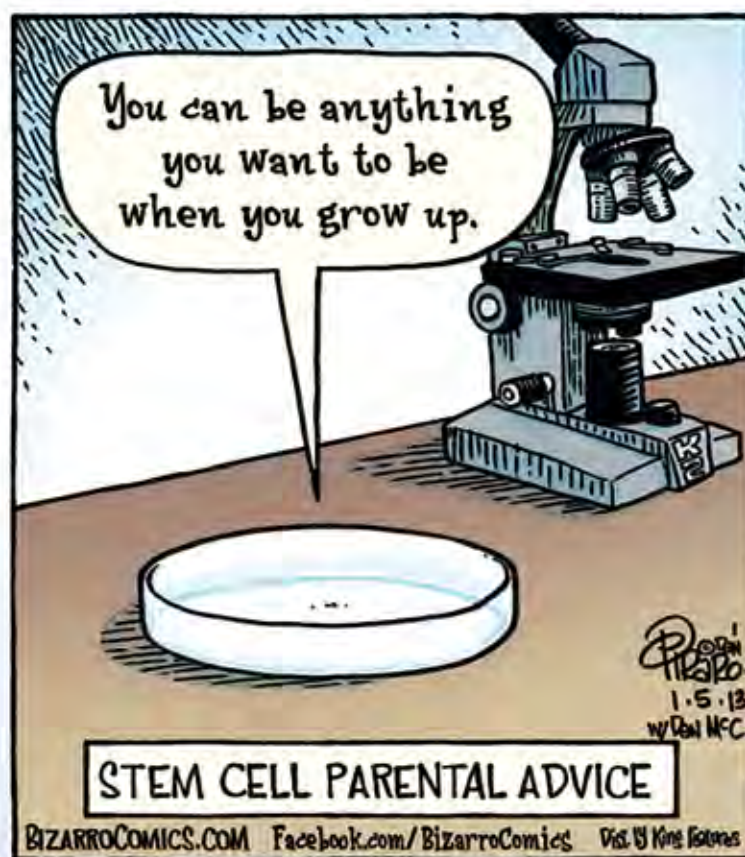
While our need for adult stem cells increases dramatically as we age, the older we get, the fewer of these are released into our bloodstream. A teenager has approximately 100 trillion cells in the body of which about one billion are circulating adult stem cells.

- At age 30 this number has dropped to 400 million (a 60% reduction)
- At age 50 this number has dropped to 250 million (a 75% reduction)
- At age 60 this number has dropped to 100 million (a 90% reduction)
- At age 80 this number has dropped to 50 million (a 95% reduction)

Scientific and clinical research from around the world, over 6,400 studies, consistently show that adult stem cells can help combat almost any condition caused by the damage to the body's cells by injury or aging.

—The Healing Miracle: The Truth About Stem Cells

There are hundreds of stemcell therapy clinics worldwide and over 500 in the US. These clinics offer interventions for sports injuries along with various conditions like autism, multiple sclerosis, COPD, cancer, and Alzheimer's disease. As with other medical procedures, the results vary greatly. Stemcell therapy is still considered experimental and may not be covered by insurance. Increasing the number of circulating adult stem cells has the potential to regenerate areas in the body already damaged. Whether we have had an injury, illness, or are experiencing signs of aging, stem-cell activation can quickly transform our quality of life. Stem-cell therapy can be considered a regenerative therapy—rewinding our biological clock.



For More Information Contact Dr. Pamela Lewin at 352-208-3151

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything.



The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "... I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

A photograph of an older couple embracing outdoors. The woman is smiling broadly, and the man is looking at her with a gentle smile. They are both wearing blue denim shirts. The background is a soft-focus outdoor scene.

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