

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

November 2020

South Tampa Edition - Monthly

www.healthandwellnessFL.com

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LEGS?**

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We Are The Right Place To Be Right Now

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

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

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

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that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.



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BayCare to Bring HealthHub Concept to South Tampa



BayCare Health System is bringing a new health model called BayCare HealthHub in South Tampa. This concept, designed to make life better for residents in South Tampa community, will open on Nov. 2.

The BayCare HealthHub (South Tampa) is a new model of care, which provides services in a new way – one that is focused on providing high quality care with an enhanced patient experience.

“We created the HealthHub with the idea of bringing to life BayCare’s mission to improve the health of all we serve through high-quality, compassionate care,” said Jim Cote, senior vice president

for ambulatory services. “We’re hoping to accomplish that goal through this unique concept in South Tampa.”

Inside the HealthHub, located at 711 S. Dale Mabry Hwy, Tampa, FL 33609, BayCare incorporates convenient access to multiple health care services under one location.



[BayCareHealthHubSouthTampa.org](https://www.BayCareHealthHubSouthTampa.org)

The 25,000-square-foot facility will integrate multiple health care services such as primary and pediatric care, physical therapy, imaging, laboratories and sports medicine to provide convenient access to high quality care for patients and their families.

The integration of multiple health care services for children and adults under one location help make life easier for residents and their families with busy schedules.

For more information, visit [BayCareHealthHubSouthTampa.org](https://www.BayCareHealthHubSouthTampa.org).

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.

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



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Dr. Sunil Panchal

A PATIENT'S EXCRUCIATING BACK AND LEG PAIN...

Relieved in One Day!

One year ago, David was lifting a fire pit in his back yard and fell to the ground in infuriating pain. He could not get up as the pain was completely unbearable. EMS transported him to the emergency room, and he was admitted to the hospital. David had a herniated disc and was prescribed pain medications and discharged.

"The pain medications worked for a while, but eventually, the pain returned, and I had excruciating pain in my left leg as well." Said David.

After seeing multiple doctors, including a spine surgeon, and getting CT scans, ultrasounds, and MRIs, no one could figure out why David's pain was so immense, and they also had no idea why his left leg was painful, even more so than his back. Unable to accurately diagnose and treat him, David was left to suffer for another five months.

His Primary care physician finally referred him to a pain specialist that has been helping numerous patients find relief through regenerative and alternative procedures. Dr. Panchal is the founder of the National Institute of Spine and Pain.

David continued, "At the very first visit that I had with Dr. Panchal, he looked over my images and immediately knew the root cause of my pain, and he explained to me in full detail exactly what he needed to do to relieve it."

From the images, Dr. Panchal saw that David had a nerve that was being impinged and compressed by spinal neural foraminal stenosis of L3. Spinal neural foraminal stenosis refers to the narrowing of the foramen, which are small openings between each vertebra in the spine. Nerve roots pass through the foramen, so in David's case, his nerve was severely compressed in the gap and causing him unyielding leg pain along with lower back pain.

Dr. Panchal explained that David needed a procedure to shave the disc down to relieve the pressure on the nerve. The procedure is called endoscopic discectomy and decompression of the nerve root.

This procedure is performed while the patient is under light anesthesia, which allows open communication for patients to express pain thresholds with Dr. Panchal. David was not happy about having to have any surgery, even though Dr. Panchal explained that it was minimally invasive. After two months, David decided he needed to do it to relieve his daily pain that was disrupting his life.

David told us that after the surgery, which was this past December, he has no pain! David no longer needs pain medications, and he is back to living the quality of life that he and his family enjoy, pain-free with complete resolution.

Endoscopic discectomy and decompression is an outpatient procedure done under x-ray fluoroscopy to remove herniated disc material through a small, half-inch incision. It's done under light sedation and local anesthetic.

A 3-D video is used to guide guidance, tiny instruments through an endoscopic probe. The procedure takes approximately an hour and causes minimal discomfort, and a small bandage is usually enough for the closure of the tiny incision.

Dr. Sunil Panchal of the National Institute of Spine and Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and

also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

"The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development." said, Dr. Panchal.

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection

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

At National Institute of Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

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

VIRTUAL VISITS AVAILABLE!

Call to book your next appointment as an office visit or telehealth visit.

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KEEPING ATHLETES IN THE GAME WITH ATHLETIC RECOVERY SERVICES

By Jason Waz, President of Competitive Edge Physical Therapy

Upon return to regular school schedules this fall, student athletes also embarked on their fall sports seasons. As many teams faced modified practices and limited game simulation experiences during the spring and summer due to COVID, athletes have fast-tracked their transition from preparation to real-time competition. With this ramp up, it is more important than ever to focus on injury prevention and muscle recovery as the athlete continues into the competitive season. Competitive Edge Physical Therapy (CEP) is equipped with groundbreaking technology and specialized muscle recovery techniques to supplement the efforts of school coaching and athletic training staff to keep student athletes healthy and ready to compete throughout the season.

To support student athletes in the Tampa community, CEP has designed an in-season Athletic Recovery Program focused on high school football athletes. Services under this program may include:

- Pre-game preparation with mobility and muscle activation
- Injury prevention by addressing flexibility/strength deficits
- Muscle recovery following game day
- Assessment of acute injuries that occurred during competition
- Supplementing school based athletic training with injury treatment
- Promoting restorative sleep for ongoing wellness

This program is tailored to the unique schedules of student athletes in effort to minimize disruption to school and team activities. CEP offers flexible treatment options to accommodate athletes after school, after practice, and pre/post game. CEP's program expands on standard rehabilitation strategies to bring recovery to the next level, quickly recharging athletes for the next competition.

Meet CEP's Athletic Recovery Team

The Athletic Recovery team at CEP's South Tampa office is led by Hap Hudson, Brock Labelle, and Joe Zambito. By combining their experience working with athletes and passion for utilizing emerging technology to maximize human movement, they are focused on keeping athletes healthy and ready to perform at their peak.



Hap Hudson, ATC/L, brings a wealth of athletic training experience to the team. Throughout his career, he has developed a reputation among amateur and elite athletes alike for his commitment to keeping athletes healthy and performing at top levels. Hap has more than 35 years of experience managing the prevention and care of athletic injuries as well as rehabilitation of elite athletes in various sports leagues including the NFL, MLB, NHL, and PGA. He uses these experiences as framework to provide a comprehensive recovery plan involving players/parents, coaches, and team medical staff to ensure athletes stay competition ready.

Brock Labelle, DPT, is passionate about working with young athletes to address injuries and movement dysfunction early on in their playing careers in order to set them up for success into the future. In his role as a Doctor of Physical Therapy at CEP, Brock draws on his own experiences as a collegiate athlete to provide an athlete's perspective when evaluating athletic injuries and developing treatment/recovery program plans. He integrates CEP's "toolbox of technologies" to shape the future of athlete recovery and rehabilitation.



Joe Zambito, PTA, combines years of experience working with youth athletes in the Tampa Parks and Recreation department with his expertise as a Physical Therapist Assistant at CEP rehabilitating clients to the top level of performance. His experience incorporating emerging bio-technology to aid in recovery makes him well-versed in tailoring treatment plans to maximize athlete wellness throughout the season.

CEP has defined itself as the premier physical therapy organization in the Tampa community through use of state of the art biotechnology to maximize human performance. With the mindset that all athletes should have access to state of the art rehabilitation and recovery tools used at the top levels of professional sports, CEP's Athletic Recovery Program makes this vision a reality.

To schedule a session or to discuss how CEP can help keep your athlete healthy throughout the competitive season, contact the Athletic Recovery team at (813) 849-0150 today.



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DO YOU HAVE RESTLESS LEGS? YOU MAY HAVE VEIN DISEASE!

Restless Leg Syndrome (RLS) is a disorder that causes an overwhelming urge to move one's legs and affects 5-10% of adults in the United States.¹ It typically occurs in the evening or with relaxation. People who suffer from restless leg syndrome describe it as an irresistible urge to get up and move or shake their legs to alleviate the buzzing, tingling, crawling, and restlessness that occurs. For many years, doctors have thought that restless leg syndrome is exclusively a neurological condition. However, several studies over the last 10 years point to venous disease as highly associated with RLS.

How Does Vein Disease Cause Restless Leg Syndrome?

Healthy veins have valves that prevent the backward flow of blood down into your legs. Vein disease is caused by faulty vein valves that allow backward leakage of blood. Backward blood flow causes your veins to enlarge, bulge, and twist resulting in leg symptoms including restless legs. You do NOT have to have bulging varicose veins to have significant, life-style limiting symptoms including restless legs. Vein disease may or may not be associated with varicose veins, spider veins, skin changes and venous ulcerations, or restless legs and indiscriminately affects between 30-40 million Americans.

Symptoms of Venous Insufficiency:

- Restless legs
- Itching
- Heaviness/tiredness
- Aches/pain/tenderness
- Burning
- Cramping
- Night cramping
- Spider veins -- especially below your knees or near your ankles
- Bulging, varicose veins
- Ankle swelling
- Skin discoloration -- slight or obvious darkening of your skin near your ankles
- Bleeding veins
- Ulceration

Reference: 1. The effect of endovenous laser ablation on restless legs syndrome, C A Hayes 1, J R Kingsley, K R Hamby, J Carlow Affiliations expand PMID: 18467618 DOI: 10.1258/phleb.2007.007051



How Is Vein Disease Diagnosed as the Cause of Your RLS?

Contact Vein911 Vein Treatment Centers today to schedule an evaluation. A careful history and physician exam are usually all that is necessary to make an accurate diagnosis. A 30-minute ultrasound exam of your legs is also performed which confirms evidence of vein disease. To determine if vein disease is causing your restless legs, a one week compression hose trial is often used to assess improvement of your restless legs symptoms. If high-quality, graduated, medical-grade compression hose provide you relief from your restless legs, it is very likely that medical venous treatment will give you even better relief from restless legs.

Why Should I Choose Vein911?

Patients travel from around the USA and the world to seek the care of the Vein Care Specialists at Vein911 Vein Treatment Centers. Vein911 is led by Christopher Pittman M.D., FAVLS, FACR, a world-renowned vein care physician leader, providing the highest standard in diagnosis and treatment of vein disease. Vein911 offices are award-winning for both patient and employee satisfaction.

Dr. Pittman is triple board-certified in Venous & Lymphatic Medicine, Interventional Radiology, and Diagnostic Radiology. While many doctors dabble in vein care, we treat only vein patients all day and every day. We have treated thousands of patients just like you. Vein911 succeeds where others fail.

How Does Vein11 Treat Vein Disease?

Ultrasound shows leaking vein valves and guides your non-surgical treatment. There is no role for surgery in vein care! Ultrasound-guided, minimally invasive treatments have revolutionized vein care over the last 15 years. Your vein procedure is virtually painless, takes less than an hour, and there is NO recovery time! Vein-related problems resolve after your leaking veins are treated.

The two procedures performed at Vein911 for vein disease include thermal ablation and ultrasound-guided foam sclerotherapy technology which is the future of vein care available today.

Thermal ablation is the elimination of abnormal, straight veins inside the leg using a straight laser fiber or radiofrequency electrode, elegantly closing

the abnormal vein and improving venous circulation in the leg. Almost every patient who is treated for lifestyle-limiting vein symptoms receives thermal ablation; however, thermal ablation can only eliminate an abnormal straight vein. Virtually every patient needs an additional procedure to properly treat invisible branch veins coming off the treated straight vein. These branch veins, hidden under the skin, ultimately feed into varicose veins hidden under the skin, as well as visible varicose veins that bulge the skin.

Ultrasound-Guided Foam Sclerotherapy (UGFS) is performed after thermal ablation at Vein911 and is the future of vein care available today. Very few centers even perform UGFS, and even fewer are experts at UGFS. UGFS can eliminate all abnormal veins and was predicted by experts 15 years to replace all other forms of vein treatment! UGFS uses ultrasound to identify hidden, abnormal veins and a tiny needle is directed into the abnormal veins and special foam is injected instantly destroying the abnormal vein. Foam is absorbed by your blood in a few seconds and nothing is left behind. Your body absorbs the treated vein over several months. No surgical incision is made with UGFS and all abnormal

veins can be treated. One in three new Vein911 patients have recurrent vein problems from prior treatment performed at another vein practice. This is because these patients never received UGFS as part of their vein treatment plan, and hidden abnormal veins were left behind. Dr. Pittman is a world renowned UGFS expert and runs the worldwide physician LinkedIn Group called, "Foam Sclerotherapy Experts".

Choosing the Right Vein Care Specialist is Imperative

Not all vein doctors are equal. Modern vein treatment is not a surgical disease, and seeing a surgeon or "vascular" surgeon is no guarantee you will receive state-of-the-art vein care. What distinguishes Dr. Pittman from other 'vein specialists' is the breadth of experience and skill he has in working with veins. Vein911 customer satisfaction scores far exceed industry averages.

C. Christopher Pittman, M.D., DABR, FAVLS, FACR



Vein911 has three locations - South Tampa Near St. Joseph's Hospital, Clearwater near Mease Countryside Hospital and Wesley Chapel near Advent Health Wesley Chapel Hospital.



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Spinks Law Firm is a Tampa Bay area law firm with their main office in Tampa, and are available for consultation in Brandon and Land O' Lakes. Attorney T. Edmund Spinks enjoys assisting families with estate planning (wills & trusts), real estate transfers and disability rights; as a retired Marine Corps officer he also provides advice in the areas of veteran pension and Medicare/Medicaid benefits.

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Celebrating National Hospice & Palliative Care Month

Every year, the month of November is recognized as National Hospice & Palliative Care Month to help raise awareness of the efforts of local hospice and palliative health care organizations.

Gulfside Hospice has been Pasco County's premier hospice of choice, serving residents for 31 years. As one of the few non-profit hospice organizations across the country, as well as the Tampa Bay area, Gulfside assures that no patient is turned away from care because of financial reasons, or for lack of insurance or healthcare coverage.

Every day, more than 800 Pasco County residents receive hospice care from the team at Gulfside. But hospice care is about more than just the patient. It's about the whole family.

"Thank you, Gulfside, for the excellent care you provided to our father," said Linda, the daughter of a hospice patient, in a letter. "He was in excellent hands and that was such a relief for all of us. The comfort you provided to him and our family has made our loss much more bearable."

With an interdisciplinary approach to care and an array of services, Gulfside Hospice is able to help patients and families live their lives to the fullest. Every person receiving care from Gulfside has access to the organization's whole team, which includes hospice-certified physicians, nurses, hospice aides, social workers, chaplains and volunteers. Patients can also continue visiting their current physician, if they wish.

Some of the services provided by Gulfside's gracious team include visits from physicians who offer pain management and symptom control; regular visits from registered nurses, plus the ability to contact the nursing team 24/7; around-the-clock crisis nursing care at home, when necessary; coordination of medical supplies, medication and equipment like oxygen tanks, walkers, hospital beds and more; assistance with personal care provided by certified nursing assistants; and services from social workers who specialize in helping families cope with issues surrounding life-limiting illnesses.



Gulfside Hospice also offers spiritual care services provided by chaplains, respite care from trained volunteers and assistance with running errands, and bereavement services for families, including regular workshops, support groups and individual counseling.

All of the care and services offered by Gulfside Hospice are centered around one primary goal: making every day count for patients and their families.

Gulfside Hospice is a division of Gulfside Healthcare Services, and 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.



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www.Gulfside.org

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Get more details and register at Gulfside.org/webinars
All pre-registered participants will be entered to win a Publix gift card.

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Children with Special Needs:

Therapy That can Improve Social, Communication, and Learning Skills Through Positive Reinforcement

Appplied behavioral analysis (ABA) therapy can take place in a wide variety of settings, affording the opportunity to work on skill-sets where it is most relevant for the learner. From a caregiver's perspective, the choice to receive therapy in home versus in clinic or in any other environment, can be stressful and frustrating. BCOTB (Behavioral Consulting of Tampa Bay) provides intensive early-intervention therapy in the clinical setting because in-clinic ABA therapy has several advantages when done properly, with caregiver involvement, community consultation, and coordination of care.

Supervision and Oversight

On average, BCOTB exceeds the minimum standards of supervision for Registered Behavior Technicians (RBTs). RBTs are mandated to receive supervision for 5% of their hours across at least two supervision sessions each month. This means that an RBT who works 40 hours per week and roughly 160 hours per month receives 8 hours of supervision each month (roughly two hours per week). This guideline represents the minimum standard of acceptable supervision. RBT staff are directly supervised by Board Certified Behavior Analysts (BCBAs) and Board Certified Assistant Behavior Analysts (BCaBAs). In clinic settings, such as at BCOTB, additional supervision is easily achieved because travel time for BCBAs and BCaBAs is greatly lessened and nearly eliminated. The more supervision an RBT team member receives, the more feedback he/she has received on performing best practice and the more likely he/she will be successful with teaching appropriate skills at an appropriate rate. Increased supervision and oversight increases the likelihood that programming is run correctly with a high level of consistency. At BCOTB, BCBAs and BCaBAs are readily available to answer staff questions, check in on sessions, and provide general guidance. This represents a strong advantage to in-clinic therapy.



Proper Therapy Procedures

Therapy provided in a clinical environment is also easily controlled, meaning the room can be arranged to best facilitate learning. While community settings provide rich opportunities to target social skills and more complex verbal skills, a clinic sets the stage for learning preacademic and essential life tasks in a manageable way, with materials arranged for the learner's success.

Strong Therapy Teams

In addition to receiving supervision during session, BCOTB's RBTs also receive supervision during designated "case meetings" with other RBTs and the



BCBA/BCaBA in charge of a client's programming and therapy. Case meetings are essential to ensuring that all staff are running programming and responding to problematic behaviors in a consistent manner. In-clinic therapy affords the opportunities for therapy teams to meet together on a regular basis to strengthen communication and collaboration, which is a hallmark of BCOTB's services.

Caregiver Support

It is often beneficial to have a clear date, time, and setting for caregiver support sessions. Caregiver support sessions are meetings during which the BCBA/BCaBA meets with caregivers and identifies goals and areas for growth in either the management of problem behavior or the acquisition of new skills. The certified staff member explains and models therapy techniques and gives caregivers the opportunity to practice therapy procedures and receive feedback. While caregiver support can certainly be effective in any environment, the consistency of regularly scheduled sessions without other distractors present (e.g., answering the phone, needing to make dinner, answering the door, petting the dog, etc.) is invaluable for clarifying goals and making treatment most consistent.

Ultimately, the choice to receive therapy in a particular setting is a decision that caregivers must make. BCOTB encourages caregivers to ask questions and to choose their child's therapy setting based on his/her unique needs, skillsets, and goals. Children who are older and/or who already have complex verbal skills (e.g., can recall past events, speak in full sentences, answer a variety of "wh" questions, demonstrate some reading comprehension, etc.) and/or social skills may benefit more from receiving therapy in the community setting. BCOTB offers a free consultation for caregivers to discuss possible therapy settings and to tour BCOTB's locations. Contact us today for more information!

BCOTB is taking the upmost precautions during the Coronavirus pandemic. Social distancing, when necessary, facemasks, required health screenings, cleaning and sanitizing that meets safety and health requirements, is all part of the BCOTB experience. Our goal is to provide the best pediatric Autism therapy services while keeping our clients, therapy staff, and caregivers safe (and healthy)!

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

Bladder Health Awareness Month: Are You Still Trying to Ignore Your Urinary Incontinence? Treatment Options That Work!

By Parveen Vahora, M.D.

If you have urinary incontinence, you are well aware of the dreaded, sneezing, coughing or laughing episodes. Leaking urine is not ideal to say the least, especially when it happens in public. What causes urinary incontinence in the first place? Aging, childbirth, weight gain, abdominal or gynecological surgeries, and menopause can lead to incontinence. Urinary incontinence happens to countless women, but many of them are still very uncomfortable talking about this condition with anyone, even their doctor.

The inopportune leaking is a problem that many women face, and, of course, there are urinary pads or diapers, but those can be bulky and awkward. There are also surgical procedures, pessary devices, and medications, but many women shy away from invasive procedures and drugs.

How to Tighten the Pelvic Floor

Kegels exercises are a good place to start and they can be done in the privacy of your own home.

- Empty your bladder
- Sit or lie down
- Tighten your pelvic floor muscles and hold for 5 seconds.
- Relax the muscles for 5 seconds
- Repeat 10 times
- Repeat 3 times a day
- Your Gynecologist can help you better understand the exercises

Some women may not fully benefit from Kegel exercises if not done properly, or if their pelvic floor muscles are already too weakened. In these cases, there are better alternatives. One such alternative procedure is the MonaLisa Touch®.

Innovative Technology With Multiple Benefits

Many times, women with urinary incontinence will also develop urinary tract infections (UTI) and these can be chronic if unable to empty the bladder completely. Also, vulvovaginal atrophy can lead to more



frequent UTIs. In these cases, MonaLisa Touch® can treat vulvovaginal atrophy and tighten the vaginal walls to help with the pelvic floor strengthening. Therefore, MonaLisa Touch® will help with incontinence issues in most cases.

MonaLisa Touch® for Vulvovaginal Atrophy

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.

Dr. Vahora offers MonaLisa Touch®, an advanced procedure that revitalizes the vagina and makes it feel like a younger vagina. For countless women and their partners, it has turned back the clock of time.

MonaLisa Touch® is an advanced laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a basic Pap smear test done. The laser does not hurt or cause any pain. Patients 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.

The laser assists with the body's cell renewal and will 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 vulvovaginal atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.



Dr. Vahora is an expert on reproductive cancer diagnosis, sexual health and intimacy; please contact her office to schedule a consultation.

FOR APPOINTMENTS CONTACT US:
Email info@ParveenVahoraMD.com
Office Line: (727) 376-1536

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-ordinated, 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.

**Inspiring Women to Live Their Best Life
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Expert Advice: Medicare

Tips: Get the Most From Your Medicare

By Kristi Foret

Picking health plan coverage is important, but navigating your options is not easy. Plan choices vary by county; chronic medical conditions and your financial status affect your options; and spouses can enroll in different health plans. Medicare benefit plans change January 1. Here are some tips to help you get the most from your Medicare health plan:

- **Get free transportation to the grocery store.** If your health plan offers transportation services, the benefit typically only covers trips to and from the doctor or pharmacy. By transferring your prescriptions to a grocery store you can use your transportation benefits to pick up some necessities.
- **Never pay for bandages again.** Over-the-counter (OTC) products are covered by many health plans. Each month you are given an allowance to order products such as bandages, cough syrups, and blood pressure monitors at no cost to you. It's a "use it or lose it" benefit so don't forget to order monthly!
- **Get a monthly rebate.** Enrollment in a health plan requires you to have both Part A and pay your monthly Part B premium. How does a \$60 to \$130 a month rebate sound? We can help you find options that will reduce your monthly payments.
- **Exercise for free.** Fitness centers usually host classes specifically designed for seniors. Health plans may offer access to fitness centers and classes to encourage its members to be active and social. If you haven't been to Zumba or yoga class, grab your sneakers and try it. All skill levels are welcomed and you'll find yourself feeling better as you meet new friends.
- **Cut your prescription costs by a third.** To encourage the use of mail order services, many health plans offer a three month supply for two month's copay. Signing up is simple and we can help you with applying for assistance with your prescription drug costs.



• **Lower copayments.** Specialist copayments are generally higher to encourage patients to first seek medical attention from their primary care provider. To save money on copayments, consider a health plan with lower specialist copayments, go to a medical center offering an in-house specialist, or select an internist with a sub-specialty as your primary care physician.

• **Veterans have options.** Veterans are not limited to healthcare coverage through the VA. Medicare plans can offer additional services such as vision and dental.

• **Not all plans are advertised.** But we can schedule an appointment where I can show you all of the plans, even those not advertised. Enrolling over the phone or internet is an option but you will not have a personal agent you can call on for help. When I help you, I become your agent and can assist you every year and help you change plans if your needs change.

• **Give your health plan an annual checkup.** It is important to review your benefits each year between October 1 and December 7. Unless there

is a special exception, this is the time you can enroll, disenroll or change your plan. If you are turning 65 years old you can enroll three months before your birthday. Let me help you avoid Medicare penalties or obtain Medicaid assistance if you qualify. Now is the perfect time to review your current options. You may decide to save time and gas by skipping all the seminars this year and go with the more personal approach in finding the perfect plan. At your request, I'd be happy to schedule a FREE in-home personalized appointment to review multiple plans, to ensure you're educated about the many options. I look forward to your call.



Call Today for Your **FREE Consultation**
352-389-9700

medicareplans-florida.com

*Due to COVID, I can also offer your
Free Consultation by phone, video or email.*

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

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

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

Aston Gardens' Independent Living Features Include:

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



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

Mr. Johnson:

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

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

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

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

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

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

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

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

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

H&W Magazine:

What attracted you to Aston Gardens?

Mr. Johnson:

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

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

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

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

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

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

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

Senior Living Options at Our Tampa Bay Campus

In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:

- **Independent Living** – Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff
- **SHINE® Memory Care** – In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed
- **Senior Assisted Living** – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming and household chores

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

Contact Aston Gardens At Tampa Bay at 813-993-1276 to learn more about our exemplary senior living programs. Enjoy Stylish Living at Aston Gardens NOW TOURING Independent Living!

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 fulfillment,"* 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 fulfillment 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, with short grey hair, is smiling broadly and wearing a blue denim jacket over a plaid shirt. The man, with a grey beard and mustache, is also smiling and wearing a blue denim jacket. They are in a field with a blurred background.

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