

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2020

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE

**WANT A
SLEEKER
SMOOTHER
SCULPTED BODY**

**FOR THE NEW YEAR
AND BEYOND?**

**INCLUDE GOOD
NUTRITION**

**IN YOUR HOLIDAY
MEAL PLANNING**

**HOPE FOR
THE HOLIDAYS**

**TIPS TO STAY
ACTIVE & TAKE**

**THE APPROPRIATE
PRECAUTIONS THIS
HOLIDAY SEASON**

**THE JOY OF THE
HOLIDAYS**

**CAN ALSO BRING
DEPRESSION AND ANXIETY:
WHAT YOU CAN DO**



SOCIAL DISTANCING SEMINAR

FOLLOWING CDC GUIDELINES



Surgical or Non-Surgical

YOU ARE INVITED FACIAL BEAUTY INFORMATIONAL SEMINAR

The Waterfront Inn
1105 Lakeshore Drive, The Villages
Wednesday, January 6th @ 2 pm

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)
Facial Sculpting (Fillers, Wrinkle Relaxers)
Facial Polishing (CO2, IPL, SkinPen Microneedling)



ImageLift is following CDC Guidelines
for the highest level of safety.
MASKS ARE REQUIRED FOR GUESTS AND STAFF

Very limited seating.
Guests must have a
confirmed reservation.



ImageLift.com

Rich Castellano, M.D.

Free
Book!

+3,500
Facelifts

Double
Board Certified
Facial Plastic
Surgeon



888-875-3223

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift) or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

We remain sensitive to coronavirus concerns and are dedicated to safely serving our cancer patients.

Your treatment. **Our Journey.**

A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

By your side – every step of the way.

Caring for patients at our two Marion County locations.

Patrick Acevedo, MD

Luis Carrascosa, MD

Mohammad K. Kamal, MD

Sachin Kamath, MD

Shilpa Oberoi, MD

Vipul Patel, MD

Craig Reynolds, MD

NEWLY DIAGNOSED CANCER PATIENTS

SEEN WITHIN
72
HOURS*

ACCESS TO

85+
NATIONAL
CLINICAL TRIALS

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

FLCancer.com

*All required paperwork must be provided at time of referral.

ONE-STOP WOMEN'S HEALTH & AESTHETIC NEEDS



Uzoma K. Nwaubani, MD
FACOG, FPPMRS

TELEMEDICINE SERVICES ARE NOW AVAILABLE

The NUWAWORLD family will like to announce that we are partnering with all our patients, clients and associates in the efforts to contain and eventually eradicate the on going COVID-19 pandemic.

SKIN TIGHTENING/ WRINKLE REMOVAL

- Tighten, smooth, firm skin
- Remove wrinkles, cellulites, spider veins, fine lines
- Remove black, brown and sun spots
- Permanent facial and body hair removal

FACIAL AESTHETICS

- Facials, cleanses, makeup
- Laser micro needling & dermabrasion
- Fillers, Botox, fat transplants
- Non-invasive tattoo removal
- SMART LIPOSUCTION/
BODY SCULPTING**
- Minimally invasive fat removal
- Non invasive total body sculpting

GYNECOLOGICAL REJUVENATION

- Vaginal and vulval rejuvenation
- Treatment of vaginal and vulval dryness
- Treatment of painful sex
- Sexual wellness and improvement
- Treatment of hemorrhoids and constipation

The **ONLY** Urogynecologist in the
Tri-County Area &
The Villages® Community!

The **ONLY** Fully-Equipped
Laser Med Spa/Aesthetics Center!



9580 N. US Hwy. 301 • Wildwood, FL 34785 • 352-218-8643 • www.nuwaworld.com



Mending Bones
Restoring Lives
One Patient at a Time



Upper and Lower Extremity Pains & Treatments:

**SHOULDERS • ELBOWS • HANDS • WRISTS
• HIPS • KNEES • ANKLE**



KEEPING YOU MOVING!

We're Here to Help. Please call our office with any questions or to schedule an appointment today.

Karl F Siebuhr, MD

352-456-0220 • www.reconorthofl.com

1500 Southeast Magnolia Extension, Suite 104, Ocala, Florida 34471

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

The FemTouch treatment is a fast, simple, in-office procedure that uses a vaginal laser to address several, vaginal health-related issues. During the procedure, the CO2 fractional laser gently ablates the vaginal lining to help stimulate collagen production and remodel vaginal tissue. Improved overall vaginal health is restored along with a stronger, tighter vaginal wall.



352.391.6000

advancedurologyinstitute.com

CONTENTS DECEMBER 2020

6 Seeing You in Greater Depth With 3D Mammography

8 Stop Overlooking Signs of Incontinence

9 Include Good Nutrition in Your Holiday Meal Planning

10 Want A Sleeker Smoother Sculpted Body for The New Year and Beyond?

11 Stem Cell Therapy for Orthopedic Problems Is An Effective Treatment But Beware...

12 How Nutrition Affects Bone & Joint Health

13 GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

14 The Joy of the Holidays Can Also Bring Depression And Anxiety: What You Can Do

15 Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

16 Premear Hearing: Signia's New Face Mask Solution for Hearing Aid Wearers

17 Get More with a Florida Blue Medicare Plan

18 Recreational Marijuana Vs. Medical Marijuana

19 Need to Reduce Your Stress Level?

20 COVID-19 Update & the QCARD

21 Coping with Grief During the Holidays

22 Activate Your Stem Cells!

23 Spiritual Wellness: Hope for The Holidays

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your **FREE** Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

Florida Blue  MEDICARE

Questions about your Medicare options?



I'd like to help.

Call me today to see how Florida Blue Medicare's HMO plans can benefit you.

Call your local agent today.



1-407-795-0477

Douglas Decker
douglas.decker@bcbsfl.com

Florida Blue Medicare is an HMO plan with a Medicare contract. Enrollment in Florida Blue Medicare depends on contract renewal. HMO coverage is offered by Florida Blue Medicare, Inc., DBA Florida Blue Medicare, an Independent Licensee of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or gender. ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). ATENCIÓN: Si w pale Kreyòl Ayisyen, gen sèvis ed pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770). ©2019 Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue. All rights reserved.

Y0011_97948_M 1019 R1 CMS Accepted

THE ULTIMATE BEDROOM SALUTE!

A Breakthrough Solution for Men Seeking Better Erections & Optimal Sexual Performance!

GAINSWave™

BENEFITS INCLUDE:

- Enhances Erections
- Improves Sexual Performance
- Increases Sensation
- Treats ED & Peyronie's Disease

"After countless dollars and time spent on treatments that didn't work, Gainswave worked and has given my wife and I a renewed sexual relationship. Thank you TNT!"

- John, actual TNT Gainswave Client




TOTAL NUTRITION
AND THERAPEUTICS
352-259-5190

TNT offers a **FREE** consultation. Call today!
809 Hwy 441 Unit 202-C • Lady Lake, FL 32159 • TNT4ME.com

SEEING YOU IN GREATER DEPTH WITH 3D MAMMOGRAPHY

An annual screening mammography is a topic you hear about a lot. The reason information about mammography is so prevalent is due to the statistics on breast cancer. 1 in every 8 women will get breast cancer during her lifetime, and 250,000+ annual cases will be some form of invasive breast cancer. Excluding skin cancer, breast cancer is the nation's most common type of cancer and the second leading cause of cancer death. 8 out of 9 women diagnosed with breast cancer have no family history of the disease, meaning it can't be predicted by background. And the risk of breast cancer increases with age, with two-thirds of invasive breast cancer cases affecting women over age 55.

But Wait – There's Good News, Too

Before things start to seem ominous, let's move on to some truly uplifting numbers. According to data from the American Cancer Society, breast cancer death rates decreased by 39% from 1989 – 2015, accounting for well over a quarter of a million lives saved. The 5-year survival rate is now 90%. What accounts for the steep decline in breast cancer deaths? Advances in treatment and early detection through routine screening mammography.

Mammography has continued to improve over the years, from xeromammography in the early 70s to FDA-approved digital mammography in 2000 to today's digital breast tomosynthesis, also known as 3D mammography, the industry's gold standard. Digital tomosynthesis captures multiple images of each breast from many angles, not just the front and side views produced by 2D mammography. The imaging arm arcs around the breast while a series of rapid-fire pictures is taken. The images are sent to a computer to create clear, highly detailed 3D-quality representations for thorough examination by your doctor.

RAO's Women's Imaging Center (WIC) was among the first local providers to make a full-scale shift to 3D mammography. And because not all 3D mammography is created equal, WIC researched and adopted what our radiologists determined to be the finest digital breast tomosynthesis in the industry, the 3Dimensions™ Mammography System.

Why 3Dimensions is Better

The 3Dimensions™ mammography system is built to provide superior quality images, for earlier and more accurate discovery in women across a range of ages



and breast densities. 3D is the only mammography system FDA-approved as superior for the 47% of women with dense breast tissue, which is difficult to image using 2D mammography.

The 3Dimensions exam captures a series of detailed breast images, enabling your doctor to evaluate each breast layer by layer. It is 20%-65% more accurate at discovering invasive breast cancers, particularly among older women and women with dense breasts, all while creating a more comfortable experience. 3Dimensions' curved compression surface parallels the shape of the breast, for deeper compression without more pressure, and sharper details through more layers of tissue, typically with less discomfort than a traditional 2D experience.

And this unrivaled technology takes only 3.7 seconds per scan on average, vs. other 3D mammography systems, which can take up to 10-25 seconds per scan, which is a long time to remain under compression. No thank you.

Greater Accuracy Means Less Anxiety

When you have a screening mammogram, you want to feel assured that something suspicious will be caught as early as possible, and that overlapping tissues, imaging artifacts or breast density won't produce unclear results that could lead to a tiny cancer being missed or healthy tissue being mistaken for cancer. The 3Dimensions exam has demonstrated an up to 40% reduction in false alarms and subsequent callbacks, sparing women not only unneeded worry and anxiety, but also additional testing, including biopsies.

Is 3D Mammography Safe?

We also took safety into account when choosing our mammography system. The 3Dimensions exam creates both synthetic 2D and 3D images from the same scan, limiting exposure to ionizing radiation to levels that are similar to that of 2D digital mammography. A standard 2D mammogram creates a 0.4 millisievert (mSv) dose compared to 0.5 mSv for a synthetic 2D and 3D mammogram. To put it in perspective, Americans receive an average dose of 3.0 mSv each year from simply being outside.

When it comes to breast imaging, we take into account accuracy as well as safety, comfort and overall experience. Oh, and financial concerns. 3D mammography from RAO is covered by Medicare and most private insurance providers. What's not to love?

Why Choose RAO?

RAO's Women's Imaging Center is the region's only comprehensive women's imaging provider, with the best in 3D mammography and innovative supplemental testing, including breast MRI and breast ultrasound. All images are analyzed in-house by Board Certified radiologists who subspecialize in breast imaging. WIC Medical Director, Dr. Amanda Aulls, oversees a team of caring and experienced staff and leading-edge technologies, earning WIC and RAO's TimberRidge Imaging Center "Breast Imaging Centers of Excellence" designations from the American College of Radiology, an honor given to only a select few centers. And finally, we have what we believe is the finest, most compassionate staff you'll ever meet.

Don't delay your annual screening mammogram – it takes only a few minutes and is worth every one.

Our team will be honored to care for you quickly, safely and kindly. Just give us a call.





SEEING YOU IN GREATER DEPTH



3D MAMMOGRAPHY

Digital breast tomosynthesis, or 3D mammography, is the most technologically advanced and effective mammography screening available. It can capture images deep within breast tissues and reduce false alarms by up to 40%.

Tomosynthesis is the only mammography system trusted by the breast imaging specialists of RAO's Women's Imaging Center. As the region's only comprehensive women's imaging facility, we are dedicated to providing the safest, most accurate diagnostic services, for better peace of mind and a higher standard of care.

www.RAOcala.com • (352) 671-4300

*3D Mammography available at Women's Imaging Center
and TimberRidge Imaging Center*



We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMOs. Visit our website for a detailed list of contracted insurances. Contracted insurances are subject to change.

A FULL CIRCLE OF CARE CENTERED ON YOU.

STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

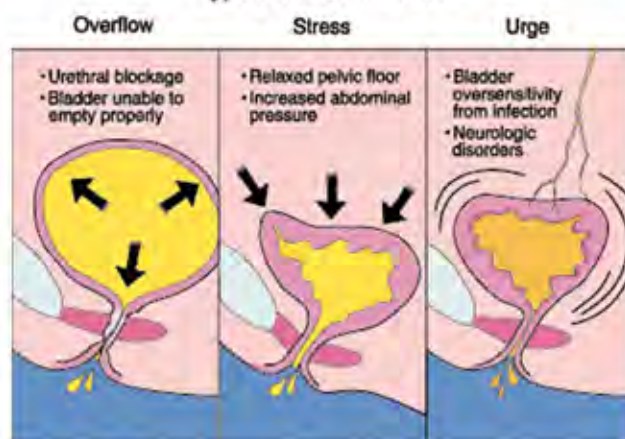
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UII: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



855-298-CARE
Advancedurologyinstitute.com

Include Good Nutrition in Your *Holiday* Meal Planning

During this time of the COVID-19 pandemic, boosting your immunity is more important than ever. According to the Centers for Disease Control (CDC), people who have a well-balanced, nutritious diet tend to be healthier and have a stronger immune system with a lower risk of chronic illnesses and infectious diseases. Studies have even shown that a healthy diet can reduce your risk for some types of cancer.

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

There are a number of factors that can have a negative impact on our immune system, including aging, lifestyle choices, such as smoking and excessive alcohol, stress, chronic disease and poor diet. Some factors, such as aging, are beyond our control; however, when it comes to proper nutrition, we can make positive choices that will help boost immunity.

As we age, our immune system can become less effective; in many cases, this decline is worsened by poor nutrition. Research has also shown that a poor diet can result in obesity and actually increase one's risk for disease or chronic illness. Conversely, eating a variety of fresh, unprocessed, plant-based foods provides the vitamins, minerals, proteins and antioxidants your body needs to keep your immune system functioning at its highest level. Drinking enough water and cutting down on or avoiding sugar, fat and salt significantly lowers your risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

CAN I STILL EAT THE FOODS I LOVE - ESPECIALLY OVER THE HOLIDAYS?

Florida Cancer Specialists (FCS) has a team of 12 registered dietitians, all of whom have the CSO (Certified Specialist in Oncology Nutrition) certification, and who provide education, support and nutritional counseling for cancer patients, including how to adapt favorite family recipes to make them more healthy. They offer the following tips for healthy holidays:

- Drink 8-10 glasses of water every day. Water is not only essential; it also helps you feel fuller. Often, if you are hankering for a snack, drinking a glass of water will quell or delay cravings.

- Eat fresh, unprocessed foods every day. These include fruits, vegetables, legumes (lentils, beans), nuts and whole grains.

- Raw vegetables are great for snacks or holiday parties, and, if you just must have a dip, consider using hummus, guacamole or a dip made from low-fat yogurt, lentils, white beans or even nuts. You can find lots of great recipes on the Internet.

- Choose white meat and fish, which are generally lower in fat than red meat.

- Avoid trans fats, which are often found in processed food, fast food, fried food, frozen food, pies, cookies, etc.

- Eat less salt and sugar; choose healthy snacks such as fresh fruits and vegetables.

You can also adapt your favorite holiday recipes by substituting healthier choices for the recipe ingredients.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- Cream of Wild Rice Soup - Substitute blended white beans, instead of heavy cream, to provide thickness.

- Sweet Potato Casserole - Instead of canned sweet potatoes and marshmallows, use fresh sweet potatoes and honey with a touch of brown sugar and cinnamon.

- Ambrosia - Use pineapple, oranges, apples and bananas to provide lots of vitamin C; top with toasted almonds and coconut to make this a delicious, healthy dessert.

- Green Bean Casserole (a holiday classic) - Instead of canned cream of mushroom soup, sauté fresh mushrooms and make your own white sauce using skim milk.

- Lemon Cheesecake - Can be made with reduced-fat cream cheese; lemon zest adds lots of flavor and aroma.



- Pumpkin Mousse or Pudding - A delicious alternative to pie; sprinkle ginger snap crumbles on top for texture.

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.



World-Class Medicine. Hometown Care.

Ocala

1630 SE 18th St.
Suite 602
Ocala, FL 34471

Ocala Cancer Center

4945 SW 49th Place
Ocala, Florida 34474

For more information, visit FLCancer.com



Want A Sleeker Smoother Sculpted Body for The New Year and Beyond?

Uzoma Nwaubani, MD, FACOG, FFPMRS

If you're stressing about the amount of weight you've gained over the past few months, you're not alone! Many people have been cooking, baking, drinking, and lounging around a lot more than usual. You can blame it on your Netflix binging, being confined, seeing too many tantalizing lasagna recipes on Pinterest, but the bottom line is, it's time for a life-style overhaul. You know it can't really continue without causing long-term problems. So, how do you put an end to the madness? Dr. Nwaubani of NUWA WORLD (Nwaubani Urogynecology & Women's Academy) has three important tips to help you get back on track and also to look and feel your best.

#1 First, it's essential to start to eat healthy again and in smarter quantities. Think smaller, balanced meals, not all you eat buffet-style portions. Also incorporate more vegetables, fruit and lean protein like fish or chicken. Once you make overall health your focus, sticking to a more nutritious diet is easier.

#2 Secondly, exercise is critical for the body and brain to maintain its healthiest state. So, even if you can only get in a few brisk walks each week, that's great. For more refreshing workouts, try exercising in the pool—any type of movement is an excellent start.

#3 Thirdly, there are now advanced treatments that do not require anesthesia or cutting. One highly-regarded non-invasive procedure that specialists and patients are commending is SmartLipo.

If you've ever thought about getting liposuction, but don't want to undergo the associated risks of surgery and side effects, SmartLipo can provide smoother thighs, a flatter stomach, and tighter arms. SmartLipo is a safe and effective way to get those results without the risks.

SmartLipo

SmartLipo is a non-surgical, in-office procedure that requires no general anesthesia required, and there is little to no downtime. SmartLipo is a safe, fast, and effective way to remove fat. Additionally, the excess fat can safely be used to sculpt other areas of your face and body. The fat is removed from undesirable areas such as the abdomen and can be transferred to other more desirable areas to plump, reduce the appearance of wrinkles, and sculpt.



SmartLipo Advantages:

- Non-Invasive
- Sculpting
- Removes Fat Cells Permanently
- Stimulates Collagen Production
- Tightening Effect
- Local Anesthesia (Injection Only)
- In-Office Procedure
- Cellulite Reduction.
- Smoother Appearance

How does the Smartlipo work?

Smartlipo is designed exclusively to perform laser-assisted lipolysis, commonly referred to as laser liposuction. A tiny, thin tube containing the Smartlipo laser fiber is inserted in targeted fatty areas through a small incision. The laser fiber delivers thermal energy directly to fat cells and disrupts the fatty tissue, allowing the fat to be easily removed through gentle suction. The tissue around the area tightens through coagulation, contributing to an overall smoother shape.

What areas can be treated with the Smartlipo?

Smartlipo delivers precision and versatility with wavelengths that are ideal for smaller and larger fat deposits, fibrous areas, or areas that need secondary liposuction.

What should a patient expect after a treatment?

Patients may experience some light bruising and swelling and will be required to wear a compression garment to help with the healing process and support the area treated. In most cases, patients are able to resume normal daily activities within a day or two.

NUWA WORLD

Uzoma K. Nwaubani, MD

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.

Source:

<https://www.cynosure.com/product/smartlipo-triplex/>



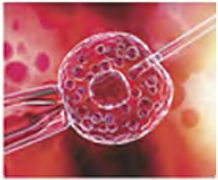
NUWA WORLD

9580 N. US Highway 301

Wildwood, FL 34785

352-218-8643

WWW.NUWAWORLD.COM



Stem Cell Therapy for Orthopedic Problems Is An Effective Treatment But Beware...

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.

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

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

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

Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable

until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks.

This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished. To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

What else does amniotic fluid contain?

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

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

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials?

For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they

are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

How do you know these vials contain no stem cells?

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

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

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



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



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365

How Nutrition Affects Bone & Joint Health

Submitted By Reconstructive Orthopaedics of Central Florida

When it comes to bone and joint health, many lifestyle choices play a role in how healthy and functional they are. Exercising is critical for bone density and joint function, but too much can cause deterioration and injury. Smoking and excessive alcohol can lead to bone loss as well as other health conditions. And dietary choices are a critical component of our skeletal system's health.

Inflammation is the root cause of disease and disorders. These underlying conditions include thyroid dysfunction, autoimmune disease, hypertension, high cholesterol, IBS, and fibromyalgia, and bone and joint conditions, to name a few. Additionally, Metabolic syndrome causes inflammation and weight gain. It is a condition in which the high insulin and leptin levels are resistant, causing blood sugar to be high, high blood pressure, high cholesterol, high triglycerides, and visceral fat are significant risk factors for numerous chronic conditions. Obesity and being overweight leads to illness, and it also causes excessive wear and tear on the joints.

Many foods that contain chemicals, excessive salt, and sugar can cause inflammation to occur in the body. When the body is inflamed, it can exacerbate disease states, and it can also create degeneration of the joints and bones. A diet that lowers inflammation is critical for maintaining health. There are various types of diets to choose from, which are anti-inflammatory.

Adding in anti-inflammatory foods is essential but cutting out inflammatory foods is critical.

Three main food groups that contribute inflammation are gluten, dairy, and sugar. Individuals are unique with different genetics and conditions, so there is no magic diet that is beneficial for all, but there are specific foods that are anti-inflammatory foods.

- **Green Tea**—Full of antioxidants and polyphenols fights free radicals, contains EGCG (epigallocatechin gallate), which flushes out toxins and speeds metabolism
- **Turmeric**—Powerful anti-inflammatory
- **Avocado**—Healthy fatty acids help to lubricate internal and external organs
- **Olive Oil**—Contains heart-healthy fats and boosts thyroid function, which regulates metabolism and flushes out toxins.



- **Coconut Oil**—A medium-chain triglyceride that contains high levels of vitamin E, and it has potent antifungal and antibacterial properties
- **Fatty Fish-Omega**—3 fatty acids are anti-inflammatory
- **Bright vegetables** (red peppers, carrots, purple cabbage)—Contain high levels of antioxidants, carotenoids, and vitamin c
- **Leafy Greens**—Full of vitamin K, which helps with arterial and kidney decalcification, as well as strong bones and teeth
- **Berries**—antioxidant-rich berries help to lower cholesterol, prevent gray hair, aids in weight loss and detoxification
- **Fermented Vegetables** (pickles, kimchi)—Packed with vitamins and probiotics helps regulate the microbiome (gut health).
- **Beets**—Help to detoxify your skin through antioxidants, which creates an anti-inflammatory effect
- **Citrus**—Vitamin C, which helps to trigger the production of collagen
- **Cruciferous Vegetables**—Promotes detoxification and collagen production through vitamin C, zinc, and selenium
- **Coldwater Fish**—Omega-3s inhibit leukocytes and cytokines, which cause the body's inflammatory response
- **Nut and Seeds**—Source of good fats and have anti-inflammatory effects
- **Supplements**—Certain supplements can aid in flushing out inflammation

With joint conditions like arthritis and gout, some people are sensitive to nightshades, so avoiding potatoes, eggplant, tomatoes, and peppers can help to tamp down the inflammatory response.

Eating a diet rich in plants and lean protein with good fats is what patients should focus on. Don't drink excessive alcohol and try to limit as much processed food as possible. If you don't like vegetables, try making a smoothie with berries, nuts and vegetables. You probably won't even taste the greens.

Bone and joint health is an intricate process that requires a multifactorial approach. It must be treated comprehensively. At Reconstructive Orthopaedics, we are concerned with our patient's whole body of comprehensive care and work directly with the patients' primary doctors and specialists for optimal healing, bone health, and overall wellness.

Reconstructive Orthopaedics Services Include:

- Partial and full knee replacements
- PRP (Platelet Rich Plasma)
- Viscosupplementation
- Hyaluronic injections
- Joint reconstruction
- Trauma/fractures
- Malunions/nonunion
- Degenerative conditions of knee and shoulder
- Hip, shoulder, and knee replacements

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.

Contact Reconstructive Orthopedics of Central Florida Today at (352) 456-0220.

www.reconorthofl.com



**1500 Southeast Magnolia Extension, Suite 104
Ocala, Florida 34471**

GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

With remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.¹

How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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



Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

Call them today to schedule your appointment at (352) 259-5190.



TOTAL NUTRITION AND THERAPEUTICS

809 HWY 466 UNIT 202-C
LADY LAKE, FL 32159

352.259.5190

WWW.TNT4ME.COM

The Joy of the Holidays Can Also Bring Depression And Anxiety:

What You Can Do

The holidays are one of the most joyous times of the year, but they can also be one of the most stressful. We look forward to spending time with our families, celebrating and reflecting on the end of another year, but all of the extra activity and social interactions can lead to an increase in stress. Stress is a natural consequence of having too much to do but finding ways to manage holiday stress will bring greater enjoyment of the season to you and your loved ones.

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you're unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

If you are simply undergoing typical holiday stress or depression, here are a few tips to help you relax and enjoy the next few weeks of FA-LA-LA:

Don't Over Commit—Sure there are numerous places to go and be during the season, but you don't have to do everything. Saying yes to every request can lead to burnout. Sometimes, you might benefit more from staying home, taking a walk, chatting with neighbors or just relaxing at with a good book. It's important to stay involved to not feel lonely, but sometimes, during the holidays our schedules are packed with too many plans.

Try to Pre-Plan—Making a plan to do certain activities will help you stay on track and not feel too overwhelmed. If you promised you'd bake gingerbread cookies, help the church string lights, buy and deliver gifts for children in need or volunteer time, those are all important and worthy activities, but adding them to your calendar and sticking to a certain amount of time for each is important so that you don't overextend yourself.

Stick to Healthier Foods—It can be really tempting to overindulge on sweets, eggnog, fried appetizers, and rich foods during the holidays. It's okay to reward yourself once in a while, but don't



go overboard. These food and drinks can leave you feeling guilty, physically ill and depressed. Sugar, sodium, trans fats and processed foods can actually make your brain and body inflamed and angry and cause chronic illness or intensify existing conditions.

What we put into our bodies is very important. Make sure to stick with vegetables, lean proteins and healthy grains for the majority of your diet, and drink plenty of water.

Take Time for You—Whether you need to take a long walk, read a book, watch your favorite Christmas or comedy movie, do what makes you happy. You deserve to feel joy too.

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.

Memory Care Coming Soon!


PACIFICA
SENIOR LIVING

OCALA

Lic#AL9315

(352) 414-2507

www.PacificaOcala.com

Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

When we think of the holiday season, we typically visualize family dinners, lasting memories, and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments. Exercising through the holidays is critical!

Instead of taking the traditional family car drive to enjoy the festive lights in your neighborhood, take a walk. Walking after your evening dinner can be a peaceful experience for the entire family, but also it will facilitate the extra steps and activity that your body craves. In light of walking, when you're out shopping, park further away from the mall or stores to ramp up your cardio.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long-distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways, or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep within the legs. Vascular malformations, pelvic tumors, or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles, and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and extension movements will keep your circulation pumping and create oxygen-rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

If you often experience pain, stiffness, immobility or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatment Available with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

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

MEMORY CARE COMING SOON ~ INDEPENDENT LIVING ~ ASSISTED LIVING

CASUAL LIVING.
DESIRABLE LOCATION.
WORRY-FREE LIFESTYLE.



Affordable senior living community in Ocala.
Schedule your personal tour and move in today.

352-414-2507

PACIFICA
SENIOR LIVING
OCALA

11311 SW 95th Cir | Ocala, FL 34481 | PacificaOcala.com

Lic#AL9315



Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala	Summerfield	Lady Lake
2801 SW College Rd Ocala, FL 34474	14031 Del Webb Blvd Summerfield, FL 34491	929 US-27 #301 Lady Lake, FL 32159

Premear Hearing: Signia's New Face Mask Solution for Hearing Aid Wearers

—Offering Better Communication

Premear Hearing in Ocala is always on the cutting-edge of the latest technology for their patients. That's why they carry Signia's exclusive hearing aid and devices line. Signia recently came out with a solution for hearing aid wearers to understand speech through face masks. Premear Hearing is happy to educate patients and the community by presenting Signia's article below:

Signia's New Face Mask Mode: Helping hearing aid wearers understand speech through face masks

A new feature in the Signia app revolutionizes your patients' hearing experience during COVID-19.

Beyond the threat to public health, the COVID-19 pandemic has challenged nearly all aspects of our lives, including one of the most basic – how we communicate.

To address the hearing challenges introduced by the pandemic, Signia recently revealed the world's first Face Mask Mode, a setting in the Signia app enabling hearing aid wearers to better understand what people wearing face masks are saying. This unique, easy-to-use feature is now available at the tap of a button for wearers of all Signia Xperience hearing aids with Bluetooth connectivity, including the new Styletto X. It will be available for the entire duration of the coronavirus pandemic.

You might be wondering why such a specific feature is important right now. The answer is that while face masks and physical distancing fulfill an important role in protecting public health, they also pose a serious challenge to speech intelligibility for anyone with even mild hearing loss.

The adverse effects of face masks on speech understanding

Face masks cover the mouth, restricting any visual speech cues that we might usually rely on, from a simple smile to full lip-reading. They also affect the acoustic properties of the speech signal. Masks can reduce frequencies in the 2000-7000 Hz range by between 3 to 12 dB* depending on the type of mask being used by the person who is talking. Even someone with normal hearing could experience a decrease in audibility of about 30% in this situation.



This is then exacerbated by the lack of visual cues, which are proven to help improve listening performance, even in noise.

With the new Face Mask Mode in the Signia app, hearing aid wearers have a solution to this timely problem. It is available in the Universal hearing program and appears on the screen as a button with a face mask icon top right next to the volume slider. Face Mask Mode is activated by tapping the button, which then turns from grey to red. When the hearing aid wearer has finished talking to the person wearing a mask, they can deactivate Face Mask Mode by simply tapping the button again, and it turns back to grey. It also deactivates when you reset the hearing aids, change program, or change the Spatial Configurator.

How Face Mask Mode compensates for muffled speech signals

In terms of the audiological solutions offered by the new Face Mask Mode, it tackles specific parameters of the hearing aids' settings that are crucial for optimal speech understanding. These include gain to enhance the spectrum most relevant to speech intelligibility, effectively compensating for the adverse acoustic effects of the face mask. It also includes adjusting noise reduction as well as microphone beamforming to the ideal settings for speech signals. In combination, these automatic adjustments offer the best possible sound impression to help the hearing aid wearer understand what is being said.

The new Face Mask Mode button is visible to all users of the Signia app with a Signia Xperience hearing aid with Bluetooth connectivity and an Android 6.0 or iOS 11 operating system or higher. Patients with these devices can easily activate Face Mask Mode themselves, without the need to come into the office or for you to add a new program.

Contact Premear Hearing Clinics to find out more.

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

signia
Life sounds brilliant.

Source:
https://pro.signiausa.com/blog/signia-new-mask-mode-feature/?utm_source=email

Premear Hearing
A Tradition of Excellence

*Ocala's Only Family Owned Hearing Care Provider
with 2 Locations.*

352-438-0050

4620 E Silver Springs Blvd #501, Ocala, FL 34470

352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com

Get More with a Florida Blue Medicare Plan

More than ever, having access to quality, affordable health care is key to peace of mind. Before, during and after COVID-19, Florida Blue Medicare has you covered.

Your Florida Blue Medicare health plan covers you for the expected as well as the unexpected. From your Annual Wellness Visit to dental and vision care, your Florida Blue Medicare health plan is the peace of mind you need to maintain your good health. Plus, many of the preventive health services included in your plan are no extra cost to you when you use a doctor in your network.

Take a look at some of the extras you get with your Florida Blue Medicare coverage at no extra cost to you.

My Health Link™: Easy access to your health plan and all your benefits right at your fingertips. You'll get quick links to many health resources and tools like HealthyBlue Rewards, assistance with filing a claim, your ID card, and you'll get updates and reminders about the health tests and services you need throughout the year with the Healthy Living Plan. It's one of the best ways to stay on top of your health.

SilverSneakers®: This wellness and fitness program helps older adults get moving and stay active. SilverSneakers is included with all of our Medicare Advantage plans. Through SilverSneakers, you'll have access to 17,000 fitness locations nationwide, as well as on-demand live virtual classes from your home. Plus, you can earn thousands of dollars in tuition for your loved ones, just for working out!

HealthyBlue Rewards: Did you know you can get rewarded for going to the doctor for your Annual Wellness Visit and getting your routine tests and screenings? Well, it's true and easy to get started! Log in to your floridablue.com/Medicare account then go to the **My Health** menu. Click on **HealthyBlue Rewards**, then start earning rewards for gift cards just for taking care of yourself!

Prescription Part D Coverage: Costly prescription drugs can be a challenge for anyone, especially if you are taking multiple medications. Part D prescription drug plans help offset the costs of prescription drugs not covered under your medical health plan. Almost all of our Florida Blue Medicare Advantage health plans include Part D coverage at no extra cost to you.

Florida Blue Medicare's Health Management Program: You've got questions, we've got answers! When your doctor isn't readily available and you have health questions or concerns, our Health Management Program specialists are a phone call away. Available at no cost to you, these specially trained health professionals can answer your health questions, connect you to resources and give you the health care support you need and more.

Talk to one of our neighborhood nurses. While our Florida Blue Centers remain closed, you can still get the personalized care, support and help you need from our nurses. Ask them questions about

COVID-19, or ways to help you and your family stay safe as Florida continues to reopen and you adjust your life to your new routines. And, our community specialists can connect you to community services to help with finding food, utility and rent assistance, as well as many other types of relief programs. Call them at 1-877-352-5830.

Teladoc®: Maybe you're still leery about venturing out for non-essential trips, but taking care of your health, especially during a pandemic, is essential. As a Florida Blue Medicare member, you have access to Teladoc, a safe, effective and virtual option for care with a medical expert by phone or video. You can also call your doctor's office to see if they offer telehealth and what program or app you'll need to download for your visit.

Choose Florida Blue Medicare as your trusted partner in health. It's coverage you count on from someone you trust. With Florida Blue Medicare, you're part of a community of complete care for your health and wellness.

Florida Blue  | MEDICARE

Call your local agent today. ↘



1-407-795-0477

Douglas Decker
douglas.decker@bcbsfl.com

Premier Hearing

A Tradition of Excellence

- Modern Devices
- Old Fashioned Service
- Caring Providers
- Family Owned
- 2 Locations



West 352-236-6700
College Road @ Market St
Jeff Smalt HAS-Owner

East 352-438-0050
Silver Springs by Lowe's
Sandia Kilpatrick HAS

Affordable Stem-Cell Activation New Innovative Technology!

CLINICALLY PROVEN BENEFITS OF STEM-CELL ACTIVATION

- Fast Pain Reduction
- Improved Sleep
- Increased Energy
- Wrinkle Reduction
- Cellular Age Reversal
- Faster Wound Healing
- Enhanced Sports Performance
- Reduced Inflammation

— For More Info & to Order —

www.lifewave.com/DrPamL

Dr Pamela Lewin • 352-208-3151 • paroma62@hotmail.com

Recreational Marijuana Vs. Medical Marijuana

Recreational Marijuana is unregulated, and the ratios of THC, CBD and terpenes is also not standardized or stable. Recreational marijuana is typically used to evoke a mood-altering "high" and not necessarily used for medical ailments or treatment. In the state of Florida, recreational marijuana use is illegal.

Medical Marijuana is highly regulated by the government. It is under great scrutiny to deliver and prove it's levels of THC, CBD and terpenes. These ratios in medical marijuana can be adjusted specifically by a certified and licensed medical marijuana physician's dosage and ratio request, as some formulations are better suited for specific disease states, symptoms and conditions.

Intake Methods

The state of Florida allows medical marijuana to be dispensed and used in these forms:

- Creams
- Edibles
- Oils
- Patches
- Smoking
- Sprays
- Suppositories
- Tinctures
- Vaping

Governor Desantis signed a bill recently allowing the ban on smokable marijuana to finally be lifted in the state of Florida. Certain dispensaries in the area are now legally able to give patients the green leafy flower that so many individuals have been waiting for.

What are the Benefits of Smokable Marijuana?

Both cannabis oil and smokable marijuana offer health benefits, and in many cases, they both treat or alleviate symptoms of the same disorder. But what about smokable marijuana specifically? What are the perks, and who do they help the most?



Having the full entourage effect of the whole plant-based form of medical marijuana is ideal for many patients with terminal illnesses like cancer, dementia, Parkinson's disease, epilepsy, PTSD, and chronic infections. The entourage effect is the plant's natural combination of CBD, THC and Terpenes.

Both using cannabis oil and smoking marijuana yield different medical benefits. Smoking cannabis has been useful in treating diseases like glaucoma and nausea. It can be used to alleviate chronic pain and may even help reduce the size or stop the growth of cancer, as well as stop the progression of Alzheimer's disease. Cannabis oil is also used to treat cancer and nausea, but it can also improve sleep, protect the skin, combat stress and anxiety and promote heart health. Both may be used to treat symptoms of post-traumatic stress disorder (PTSD), headaches and migraines. They may also be used to combat the symptoms of multiple sclerosis and premenstrual syndrome. Typically, the oil contains concentrated cannabinoid profiles for more potency, but many primarily include cannabidiol (CBD), which does not get people high. For this reason, some states allow children to take advantage of CBD oils for certain illnesses and conditions.

Certified Marijuana Doctors

Get Your Florida Medical Marijuana Card. Call Today!

Ocala - 352-414-4545
 Leesburg - 352-306-0133
 Port Charlotte - 941-208-3444
www.cmmdr.com

Florida Marijuana Law's Qualifying Conditions Include

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida MM program.

Qualifying Conditions

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- *Patients can be considered for alternative disorders*

In addition, Amendment 2 allows physicians the authorization to recommend the Florida Medical Marijuana Card to patients who have been diagnosed with "a similar or other debilitating medical condition."

Getting Medical Marijuana

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, a patient must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

Need to Reduce Your Stress Level?

Personalized Meditation and Massage in Ocala

Did you know that 40 Million people in the United States are suffering from stress, depression and anxiety? If you're one of them, leaving your disorder untreated can cause significant physical health disorders and diseases to develop, as well as cognitive decline.

Stress leads to other health disorders

From migraines to becoming physically ill, holding stress in can cause immediate disorders to long term dysfunction and conditions to take place. Talking to someone about how you feel can help to relieve stress significantly.

Stress causes panic attacks

These conditions also make the body physically sick overtime. Finding something that brings you joy this season will relieve stress almost immediately.

Stress leads to isolation

Isolation and avoidance are common in people with anxiety. It's unhealthy for the body, mind and spirit to shut yourself away from the world. If you've got a friend that you can do something special with, or you can try volunteering or visiting a neighbor, which can lift the spirit immensely.

Reducing Stress and Anxiety

There are many ways to reduce stress like anti-anxiety drugs, but those are often addictive and have other adverse side effects. Countless people see great results with exercise, yoga, meditation or massage.

Meditation: Neuroscience studies show that regular meditation practice increases improves cellular health, reduces the rate of aging within cells, reduces

grey matter deterioration, and increases BDNF (Essential brain-health protein), which neuroplasticity. When done correctly, it puts you in a deep state of calm. The issue many people have is learning how to properly meditate and they can become distracted by the internal worries of the mind or external noise.

Having a professional walk you through guided mediation is very beneficial and offer optimal results from your meditation sessions. You will feel refreshed and renewed and have a sense of calm.

Guided mediation also can help you change negative thoughts and bad habits of negative self-talk. When you change your thoughts, you change your life. Many clients experience deep, profound relaxation, peace, tension release and focus.

Massage: There have been numerous studies on the effectiveness of massage to reduce stress and anxiety. If you suffer from pain and tension, massage can release those points of pressure and help lengthen the muscle and calm the nerves (literally and figuratively).

Kit Pratt offers guided mediation and massage in the Ocala area. If you are in need of stress relief, don't put it off, now is the time to get your body, mind, and soul settles and balanced.

Call Kit Pratt at 352-304-1745



**GET YOUR
MEDICAL
MARIJUANA
CARD**

**CERTIFIED
MARIJUANA
DOCTORS**

GUARANTEED
TO GET YOUR CARD

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS,
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

Leesburg - 352-306-0133
Ocala - 352-414-4545
Port Charlotte - 941-208-3444

**OR YOU PAY
NOTHING**

WWW.SMOKINGMARIJUANADOCTORS.COM

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 008974

ALTHOUGH MEDICAL MARIJUANA IS LEGAL IN FLORIDA, IT REMAINS ILLEGAL UNDER FEDERAL LAW

MASSAGE THERAPY

Beat Holiday Stress
Kit offers Massage, Personalized
Meditation Sessions in the comfort
of your home.

Kit Pratt
352-304-1745

Massages

- Swedish
- Deep Tissue Sports
- Energy Therapy

Time to Unwind

Deep Relaxation Guaranteed with Energy Balancing Session

COVID-19 Update & the QCARD

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is also beneficial. Healthier individuals are better able to fight the infection and make full recoveries. If you get sick, you need to be tested!

Quick Care's Answer for Those without Medical Insurance

If you don't have health insurance, things can get pricey rather quickly. Luckily the QCARD is an alternative to conventional health insurance giving you access to the Quick Care medical professionals with ease and affordability. The QCARD is a program based for self-pay patients or anyone without medical insurance. Quick Care Med always takes the lead in finding innovative ways to help their communities and their patient demographic. They implemented this program to offer a well-needed resolution for so many individuals and families.

Who can benefit from the QCARD program?

Almost anyone without medical insurance will find QCARD to be a valid answer to their healthcare needs. For example:

1. Headaches
2. Influenza or colds
3. Injuries or trauma
4. Asthma or allergy Issues
5. Twisted ankle
6. Your child has a bad cold or is colicky.
7. And the list goes on and on

*QCARD's copay is \$10 per visit. Average medical office visits can be hundreds of dollars!

The QCARD works in 3 easy steps!

1. Patient can sign up online or in the office
2. Patient pays \$1 a day plus a \$10 copay at time of service
3. Patient can be seen as many times in a month as they like for just the \$10 co-pay



Where can you use the QCARD?

Quick Care Med has 10 locations in Alachua, Citrus, Levy and Marion Counties. We have 3 offices in the Ocala area, plus other locations in Dunnellon, Beverly Hills, Crystal River, Homosassa, Inverness, Newberry and Williston.

Why get the QCARD now?

If you don't have insurance, then you should get the QCARD now. It is a good idea to have at least a basic healthcare plan to deal with life's unforeseen events. It will give you access to medical professionals when you need it the most.

QCARD is a great healthcare plan for the following:

- Those with no medical insurance
- Part timers
- Snowbirds
- Just off parents insurance
- Agricultural workers
- New to the area

If you have insurance and want to avoid high deductible, the QCARD is perfect for you. It is a great companion to high deductible insurance plans, as you can keep the insurance to cover only catastrophic events. You will save money by not having to pay the high deductible.

Quick Care Med
Walk-In Clinic & Urgent Care
844-797-8425
www.quickcaredmed.com

Quick Care Med Urgent Care

If your health needs are not emergent and in need of life-saving measures, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are numerous reasons people go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the numerous benefits to you and your loved ones.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!

www.quickcaredmed.com

4 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
 (On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
 (Just past Walgreens)

6341 N US 441, Ocala, FL 34475
 (Across from John Deer)

NEW LOCATION: Chiefland
 2205 N Young Blvd, Chiefland, FL 32626

Coping with Grief During the Holidays

Submitted by Hospice of Marion County

The holidays can bring emotional feelings, both positive and negative, making it a challenging time for many. This time of year can be especially hard for those who have lost a loved one. However, if we focus on the positive memories, remembering the light of their life shared with friends and family, it can help us cope.

Hospice of Marion County is hosting a Lights of Love event at no charge to the public on Thursday, December 10 at 6:30 p.m. at its memorial park located at 2895 SE 62nd Street, Ocala (between Estelle's House and the Monarch Center for Hope and Healing). This event is offered as a way to remember those who filled our lives with love and light. There will be holiday lights, music, readings and refreshments to enjoy while sharing warm memories. RSVP: (352) 291-5143.

Death can happen to anyone at any age; it can be a sudden accident or anticipated over a long period of time due to a critical illness. Yet, we are never really ready to accept the loss. Grief is a healing process that takes time and is different for each person. It's normal for a person to go through a wide range of feelings – anger, guilt, sadness, depression, anxiety, acceptance, and eventually hope. Sharing these feelings with others is beneficial on your journey to healing.

The Monarch Center for Hope and Healing, a program of Hospice of Marion County, provides grief counseling at no charge for Marion County residents. We all will eventually experience the loss of a friend or loved one and the Monarch Center is there to help guide you through your emotional journey to



healing. This service is provided by trained professionals and offers grief counseling sessions to individuals or groups, which are available for children, teens and adults either in-person or via telehealth.

Services include:

- Adult Grief Support groups (Friends in Grief) offer comfort and encouragement
- Memorial Services of Remembrance are special times to remember and celebrate the lives of loved ones who have died
- Grief Care (introductory class) seminars provide education about the journey of grief
- Grief in the Workplace to help organizations that have lost an employee

- Monthly Workshops for the general public
- Seminars with the school system
- Teen Tuesdays and Club Soul are programs tailored just for teens experiencing grief
- Camp Mariposa, held twice a year for children ages 5-12, is a day-long interactive session
- Assessment services and community resource coordination (short-term)
- Private consultations about Advance Directives (Living Wills)

Visit <http://www.monarchcenter-marion.com/index.html> to learn more or call (352) 873-7456.

SICK NOW? SEEN NOW!®



From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

Toll Free:
844-797-8425
3 Locations in the Ocala
Area to serve you.

 **QUICK CARE MED**
WALK-IN CLINIC & URGENT CARE
www.quickcaredmed.com

Lights of Love

December 10, 2020 6:30 pm

This season, remember those who filled our lives with love & light with music & readings. Share warm memories and refreshments.

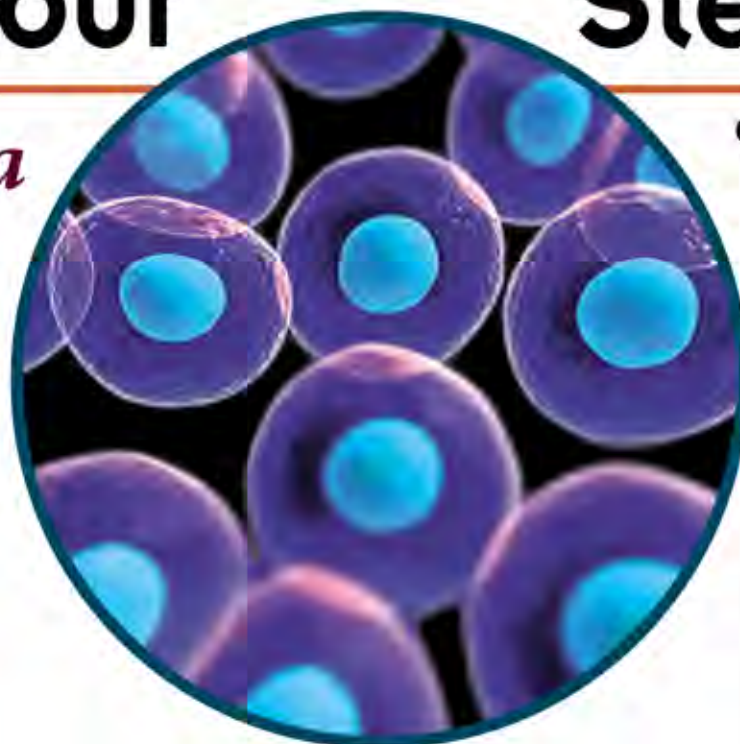
Hospice of Marion County's Memorial Park
2895 SE 62nd St * Ocala, FL 34480
Free to the public; RSVP to (352) 291-5143



Activate Your

Stem Cells!

A Safe Way to a Healthier You



Christine Meiner, M.Sc.

“Stem cells have been proven to help your body treat, beat, and even heal some of our most chronic health conditions and life-threatening injuries. These powerful healing cells miraculously mold themselves to heal your body on a cellular level. The advancements in stem-cell therapy in the past two decades are completely rewriting what we think we know about human healing and the power of our own body to eradicate illness, injury and chronic conditions.”

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.

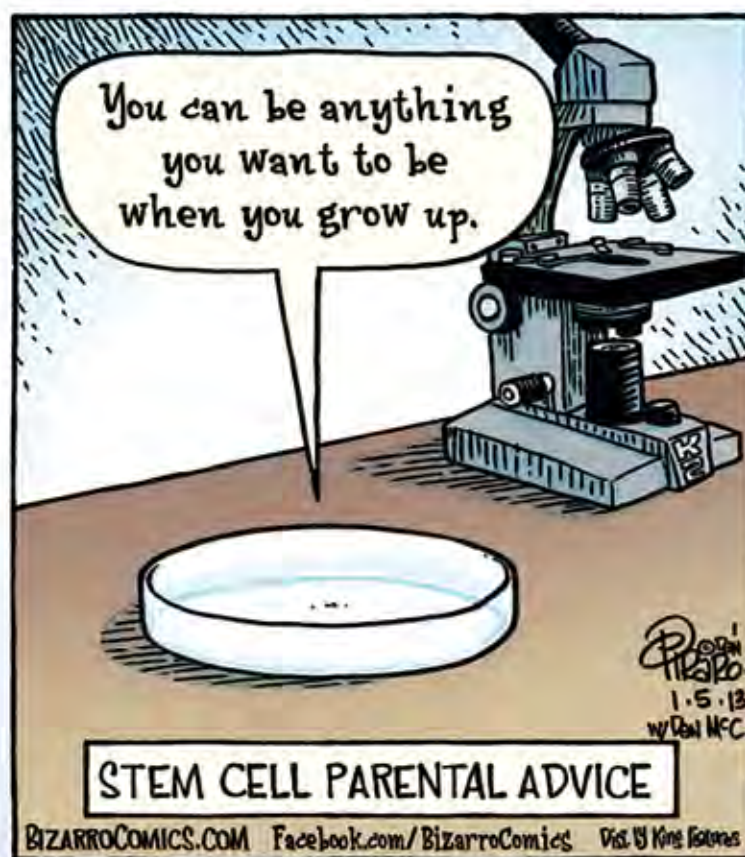
While our need for adult stem cells increases dramatically as we age, the older we get, the fewer of these are released into our bloodstream. A teenager has approximately 100 trillion cells in the body of which about one billion are circulating adult stem cells.

- 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

HOPE FOR THE HOLIDAYS

By Karen Pashley

We don't need a calendar to tell us the holiday season is officially here. In the blink of an eye, merchants swapped the pumpkins and scarecrows for snowmen and glittering baubles. Announcements of sales we simply *cannot* miss are flooding our inboxes, and the race is on to create Christmas memories worthy of a Norman Rockwell painting.

The hustle and bustle is fun and festive for many. But for others, the holidays stir up more than a cup of hot cocoa can soothe. Painful memories, grief, financial worries and relational strains can take a toll on the mind, body and spirit. But there is good news!

2000 years ago in Bethlehem, an angel split the night sky with a proclamation that would change the world forever: "Fear not, I bring you tidings of great joy, which shall be to *all* people".

Great joy?, you mutter. Apparently that angel didn't get the memo that my life would turn out to be such a mess.

I understand.

There have been seasons in my life when I wondered that, too. There've been times when I've felt so downcast during the holidays I stumbled along on auto-pilot just make it to New Years Day.

The holidays can be hard. But it is possible to experience joy and hope amidst the turmoil, the pressures and the hardships we face—because with God, *all things are possible*—because hope resides in the unchanging love of our savior Jesus Christ. His ways are higher than our ways, and at times, we don't understand the whys and hows of our circumstances. But rest assured—*He* understands. And He cares.

God promises He will never leave us or forsake us, and that nothing can separate us from His love. Accepting this wonderful truth and getting to know the person of Jesus Christ is the key to shifting our focus from our problems to the *peace that passes all understanding*.



You may not have control over your circumstances, but you can control your responses to them!

Here are three ways you can pursue the hope and the abundant life God has for you this Christmas season:

1. Practice gratitude. *Rejoice in the Lord always. I will say it again: Rejoice!* You have so much more to be thankful for than to complain about. Instead of focusing on the endless list of things to do before December 25th, why not focus on a list of blessings? Thank God for life, for freedom, for fresh air and clean water and a million other things we take for granted.

2. Set your mind. Romans 12:2 tells us we can transform and renew our minds by making a conscious effort to meditate on the positive. Philippians 4:8 shows us a wonderful recipe for right thinking and a renewed mind: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is*

lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

3. Cast all your cares. God knows you better than anyone. And He knows the struggles you endure. Proverbs 3:5-6 encourages us to *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways, acknowledge Him and He will make your paths straight.* We don't know the future. But we can trust the One who knows our past, present and future! We must not hang all our hopes and dreams on getting the answers, or the solutions we desire—rather, we can relieve ourselves of that heavy burden and hold tight to God's promises to meet our needs, comfort us when we are hurting, and make a way where there seems to be no way out of our dilemmas. What a loving Father we have!

So, be encouraged, dear one! Lift your face to the night sky, and receive Christ's wondrous gifts—tidings of great joy, hope and peace. They are yours, this Christmas and always.

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 landscape.

112,500+

REGENEXX PROCEDURES
PERFORMED SINCE 2005

Joint Surgery Alternatives?

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

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

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



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.696.6237**

RegenTampaBay.com