

T A M P A B A Y ' S

Health & Wellness®

MAGAZINE

December 2020

South Tampa Edition - Monthly

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FREE

DAILY ACTIVATION

IMPORTANCE OF MOBILITY
AND FLEXIBILITY EXERCISES
IN YOUR DAILY ROUTINE

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THE HOLIDAYS OFTEN IMPACT OUR MENTAL HEALTH

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A photograph of a woman with long brown hair, wearing a light blue shirt and a beige cardigan, smiling as she interacts with a young girl. The girl is sitting at a table and playing with several colorful wooden blocks (red, yellow, blue, green) on a wooden base. The background is a bright, indoor setting with a blue exercise ball visible.

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A festive holiday-themed image showing several wrapped gifts in blue, white, and red paper with bows, resting on a bed of white snow. In the background, there are silhouettes of evergreen trees under a light blue sky.

MERRY
CHRISTMAS
&
HAPPY NEW YEAR!

Health & Wellness MAGAZINE

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ADVANCED AND INDIVIDUALIZED CARE

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).

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

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

Radiofrequency Denervation

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

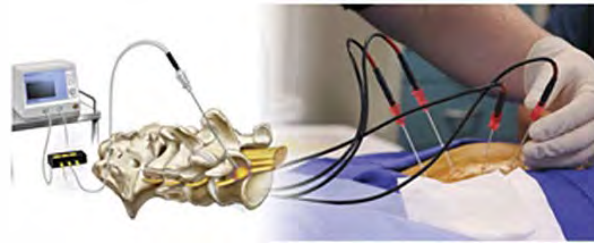
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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

A Patients Perspective

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

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



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

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

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

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

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. National Institute of Spine and 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. National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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).

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VEIN DISEASE AFFECTS WOMEN MORE FREQUENTLY THAN MEN

Over the past decade, there has been raised awareness in diagnosing and treating venous insufficiency. It can happen to both men and women, but women have a greater prevalence of the condition. There is evidence that hormonal changes, pregnancy, and lifestyle habits may impact the severity of women's venous insufficiency. A buildup of excessive pressure on the legs can cause the veins to stop working properly, impeding blood flow and causing blood pooling in the lower extremities. Often, this is related to prolonged sitting or standing.

A study of venous disease in women looked at the epidemiology and prevalence of the condition. Women, due to many etiologies and risk factors, are particularly prone to venous disease. One main cause of venous disease in women is pregnancy.¹

Causes of Vein Disease

The surge of hormones during pregnancy cause a woman's veins to dilate. After delivery, the veins do shrink in size but not as small as they were prior to pregnancy. Each pregnancy causes a woman's leg veins to become larger.

Vein disease in women and men is primarily a result of heredity. So, even women that have never been pregnant may also develop venous insufficiency. You can eat right and exercise regularly and still suffer from serious vein problems.

Venous insufficiency is also related to lifestyle choices and work habits. As mentioned, these can include standing or sitting for prolonged periods due to a woman's profession, health, or daily routines. Many times a sedentary lifestyle and obesity may exacerbate vein disease.

Occupations requiring prolonged sitting and standing may lead to venous flow problems. Standing and sitting put more pressure on your veins than walking. It is very important to sit at the proper height. We often sit too high and put pressure on the back of our thighs. We should sit on our "butt bones," not our thighs. Prolonged pressure on the back of your thighs compresses venous blood outflow and lymphatic fluid outflow. Your knees should be about a ½ inch higher than your hips when sitting down. Most chairs are not adjustable so put a small stool underneath your feet.



How Serious is Venous Insufficiency?

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. 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.

Signs and Symptoms Vein Disease:

- Itching
- Heaviness/tiredness
- Aches/pain/tenderness
- Burning
- Cramping
- Night cramping
- Restless legs
- 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

How Can I Be Evaluated for Vein Disease?

Contact Vein911 Vein Treatment Centers to schedule an evaluation. A careful history and physical 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.

Why Should I Choose Vein911?

Patients travel from around the USA and the world to seek the care of Vein911 Vein Treatment Center's Vein Care Specialists. Vein911 is led by Chris 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.

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.

Vein911 Vein Treatment Centers have three convenient locations - South Tampa Near St. Joseph's Hospital, Clearwater near Mease Countryside Hospital, and Wesley Chapel near Advent Health Wesley Chapel Hospital.

References:

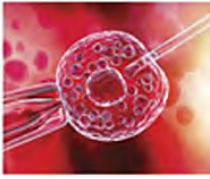
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Stem Cell Therapy for Orthopedic Problems Is An Effective Treatment But Beware...

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.



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Sensory-Friendly DIY Holiday Activities for Kids

As the holidays and school breaks approach, it can be a great time to create some in-home activities with your family! Sensory activities employ the senses of sight, smell, touch, sound, and taste to create interesting, fun sensations that allow children to interact with their environment in ways they typically would not be able to otherwise. This blog post is all about providing some ideas and sparking some interest around creative activities you can put together with everyday materials.



Make Your Own "Snow!"

Living in Florida gives us warm weather year-round, which sounds great for anyone that has ever had to scrape ice off of their car's windshield in the morning before driving to work or shovel snow off of their driveways and sidewalks. This activity will give you all of the sensory goodness from touching and playing with the cold snow indoors (or outdoors) without all of those daily snow-related chores!



Here is what you will need:

- A large bowl
- Spoon/stick for mixing
- ½ Can of shaving cream (refrigerated for a short time to give the "cold" effect)
- 1 Box Baking soda
- Clear glitter (optional)
- Newspaper or plastic wrap to cover any surfaces for easier clean-up

The directions for this activity could not be simpler – just mix the ingredients together and enjoy! The more you mix and the longer the ingredients sit out lead to a more crumbly-textured "snow!" If the mixture feels too wet or too dry you can add more baking soda or shaving cream to reach your desired texture and consistency. Keeping the shaving cream in the fridge prior to mixing is also optional, but the cold cream should help the "snow" feel like the real deal. The glitter is also optional – it can tend to be a bit difficult to clean up if not carefully contained within the activity.



Edible Wearables

This activity is all about hole-y snack foods! Who can resist edible wearables? While assembling these wearables, you will have an opportunity to practice labeling some sensory feelings related to taste such as sweet, salty, and maybe bitter or savory depending on the snacks you want to string and eat! Here's what you will need to complete this activity:

- String (edible or other food-safe material)
- Your favorite snacks (with holes!)
- Safety needle (optional)

There are some versions of this sensory activity that use an edible alternative for the string, like red licorice and "Fruit by the Foot"-type rolls, but some of the alternatives may be hard to tie-off and successfully wear. First, cut a piece of string about twice



as long as you want the wearable jewelry to be and begin to knot one of the ends to be larger than the largest hole on the snacks you plan to use. Next, get to stringing! You can use a safety needle on one end of the thread to help make it easier to place the string through the items, but it is not necessary to successfully create your masterpiece. Foods that have holes will be the easiest to work with such as chocolate-dipped pretzels, Veggie Straws, Cheerios, and Life-Saver gummies. If you are using the safety needle, you may be able to use it to string other items such as gummy bears that otherwise do not have neatly made, ready-to-string holes. While stringing, be sure to leave some room to tie the ends together! After you are finished adding the snacks to the string, join the ends together at the desired length and tie them together to complete the wearable item! The final step is to wear and enjoy your creation.



Sensory Squish Bags

This activity is great for visual and tactile sensory feelings! Sometimes, squishing gels and slimes can make a big mess. The great part about this activity is that it is entirely contained in a plastic bag. The items will be suspended in a gel so the design should hold its shape, and the bag can be squished and squashed without any of the mess! Here is what you will need for this activity:

- A plastic sandwich or gallon bag that can be zipped close
- Clear hair gel
- Food coloring (optional)
- A permanent marker (optional; to make designs on the bag)
- Items to fill the bag with
- Duct tape or masking tape to seal the bag

First, draw any designs you would like to add on one side of the bag. Next, pour a generous amount of clear hair gel into the plastic bag. Then, add food coloring if desired. A little food coloring can go a long way here - the gel will become more opaque as you add more and more food coloring, so only add a little if you would like to see through it (for that "stained glass" appearance). After the gel is ready, add in the small items! Depending on the theme of your bag you can add beads (or "ornaments" to decorate a tree design), googly eyes, small plastic animals, foam shapes, and more! The sky really is the limit with what you can add to your bag. Adding a variety of items can provide an excellent opportunity to practice your child's tacting (labeling) and intraverbal skills. For each item you add, you can ask many questions about the color, size, where you can find those items, and so much more. Finally, use tape to seal the bag so that it will not open with all of the squeezing and squishing. Now the squish bag is ready to play with! Push the items and gel around to fill the shapes you drew on the bag and hold it up to the light or place it on a window to see everything from a new perspective!

For other great, sensory friendly ideas, or to find out more about Tampa's leading provider of pediatric Autism therapy, visit: bcotb.com

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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:

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(813) 440-4933

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

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

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

References:

1. CDC, Centers for Disease Control and Prevention, Autism Spectrum Disorder (ASD), Autism and Developmental Disabilities Monitoring (ADDM) Network <https://www.cdc.gov/ncbddd/autism/addm.html>
2. Autism Speaks, What are the Signs of autism? <https://www.autismspeaks.org/signs-autism>

Daily Activation:

Importance of Mobility and Flexibility Exercises in Your Daily Routine.

We can all agree that 2020 has been a pain. But we're talking about physical pain here. How long have you had to sit at your desk? Stiff neck from looking at the computer screen or video conferencing too long! Have you started a home exercise routine yet? Are you spending time on the floor playing with your kids or grandkids – and worse, struggling a little to get up? All these activities can cause pain. Below are some regimens to improve your flexibility and mobility that will help take away your pain and make the Holidays a happier and more relaxing time.

What you do before your workout, activity, or day plays a big role in what you are able to do and how well you perform. Many times, people roll into the gym or hit the field without activating their muscles and joints due to the perception of limited time. Do not underestimate the importance of a structured activation routine when it comes to maximizing your workout and performance results. Not to mention it plays a key role in stress reduction, injury prevention, and overall wellness as well.

Most people already have some form of small pre-existing soft tissue issue. Possibly with your shoulder, hip, low back, knee, ankle, wrist, neck etc. Jumping straight into your workout, game, activity or day means it's just a matter of time before the small issues explode into major issues. One way to avoid the explosion (explosion = visit to the doctor) is to add flexibility and mobility exercises into a daily Activation routine. If you do not have time to Activate, then you do not have time to Participate!

Activate effectively with these 4 steps to maximize your performance, reduce your risk of injury, and increase your overall wellness:

1. Start with warm-up exercises. Low impact exercises that increase the heart rate, increase body temperate and prepare the mind for more intense activity. As the body temperature increases, muscles start to become looser, supple and more pliable! Your mind is getting ready to tolerate higher intensities. This is a gradual build. Walking, jogging, biking, elliptical, rowing, dynamic movements are all good examples of warm-up activities and should be performed for 5-10 minutes.



2. Next add in rotations of the major joints. Ankles, knees, hips, shoulders, elbows, wrist and neck. Progress through a sequence of rotations at low intensities and slow speeds, focusing on the motion at the joint, ensuring full range and think about and remember how it feels. This is important so you know the function of each joint from day to day. Rotations from head to toe should take 3-4 minutes.

3. Add in some static stretches to the joints that felt tight or had a slight resistance. Holding the stretches for 10-30 sec for 1 -3 reps as needed to loosen the muscles.



4. Lastly, perform your dynamic mobility exercises to test the joints to make sure they are free and easy and ready for increase intensity. For upper body start with arms swings at shoulder overhead and across the body. flex and extend arms. Rotate the neck. Add in some core activation. For the lower body perform leg swings for hips, squat down and up for your quads and hammy's and end with slight jumps to warm up ankles/feet.

Here are some static stretches to help you build your Daily warm up. For additional information on flexibility, mobility, and strength exercises for developing your routine, visit our education and training site at <https://cbdhealthcarecompany.com/education-training/> or for equipment: PerformBetter.com

In conclusion, an ACTIVATION program involves more than just a stretch or a lap around the track. It is important to implement a structured Activation routine before your workout, game, activity or day to maximize your performance and prevent that explosion in your joints, muscles, or simply to improve overall wellness and reduce stress. Follow the four steps and apply CBD Herbal Activation lotion 15 minutes before your Activation routine. The CBD Healthcare Company is working with nationally recognized experts to provide education and training to assist our customers in achieving health, wellness, and protocol objectives. Mobility, flexibility, and strength are key ingredients for wellness and peak performance – whether you're a competitive athlete or fitness and health advocate. Professional grade CBD topicals enhance mobility, flexibility, and peak performance/strength by stimulating the endocannabinoid System (ECS) to promote homeostasis resolving inflammation, stimulating cell recovery, and accelerating healing naturally through improved delivery/restructuring of collagen. We recommend these as a part of your regimen whether sports/fitness or wellness/rehabilitation oriented.



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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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The Holidays Often Impact Our Mental Health: What You Should Know

If you look at holiday marketing, advertising, and movies, it's the most joyous time of the year; however, the holiday season can and very often does evoke feelings of depression, stress, and loneliness. This year with the pandemic and other looming concerns, more people might need to give themselves a mental health check.

An increase in stress, a busy schedule, and missing loved ones (who are no longer with us) are all triggers, which can lead to depression over the holidays. People who have struggled with adverse life events such as divorce, unemployment, bereavement, chronic medical problems, psychological trauma, alcohol, or substance abuse are more likely to develop depression.

Symptoms of Depression

- Sadness
- Crying
- Loss of interest
- Feeling worthless
- Guilt
- A sense of hopelessness
- Decreased appetite or overeating
- Decreased sex drive
- Changes in appetite
- Changes in sleep habits
- Memory Problems
- Thoughts of death or suicide

Seek Help Immediately

Nearly 15 million people in the United States are affected by depression. If you are depressed for an extended period of time and can't seem to move beyond it, please contact your doctor, therapist, or a suicide hotline. Therapy appointments are also available online for your convenience. National Suicide Prevention Hotline: 800-273-8255.

Just a Bout of the Holiday Blues

Stress, anxiety, and depression can also be a 'normal' part of dealing with issues that arise. If you are not clinically depressed but could use a few tips to destress and unwind, the list below is a great place to start.



6 THINGS YOU CAN DO TO UNWIND AND FIND RELIEF FROM DEPRESSION AND STRESS

#1 Talk to someone. Talking to someone about how you feel can help significantly.

#2 Take time to watch your favorite Christmas or holiday movie, or enjoy some cocoa and gingerbread cookies.

#3 Buy gifts for children in need or volunteer to get involved in the holiday spirit.

#4 Spend time with loved ones or simply enjoy the atmosphere. If you've got a friend that you can do something special with or visit, that can lift the spirit immensely. If you're new to town or you're loved ones are traveling, make a point to get out and enjoy the holiday decorations in your neighborhood.

#5 Find a creative outlet to take in the festivities. Perhaps you love painting, cooking, or making crafts. If these hobbies bring you joy, that's a great way to feel useful and enjoy your time. It's also even more beneficial to donate or gift what you've cooked or made to someone else. Giving is a great way to boost your mood.

#6 Destressing is key. Find the time to meditate, pray, take a warm bath, go to the spa, or exercise, as these can help the body and mind relax and rejuvenate your soul.

Aston Gardens at Tampa Bay is one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

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Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

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By T. Edmund Spinks, Esq.

UNDERSTAND YOUR PARENTS' AGING STRATEGIES BEFORE A CRISIS OCCURS

Many adult children in the US live far away from their parents. Managing aging parents or in-law medical events can be a serious challenge without proper preparation and understanding of what your parents' strategy may or may not be, no matter where you live. Do you know what legal documentation your parents have in place regarding their medical care? Do they have advance directives that can help guide your medical decision-making process?

Medical advancements facilitate aging Americans' longevity even with comorbidities such as high blood pressure, diabetes, atrial fibrillation, and other health issues. Hospitals can typically fix non-life-threatening conditions easily enough, but what happens when a parent is released to return home? Are you prepared? Is there a plan? Many adult children tend to practice avoidance, denial, and wishful thinking when thinking about their aging parents' behalf in a potential medical crisis. It is advisable to organize and prepare for the changes that inevitably come to your parents' health.

More than ever, seniors are choosing to live independently and with autonomy about their life decisions. Even if your parents are in a well-run continuing care retirement community, there will come a day when their health will force a change in their lifestyle and living arrangements. Many parents will resist "help," which they may consider more as interference. Whether they believe they are being a burden to you or decline a geriatric care manager's services due to "cost" concerns, most older people do not want others interfering in their private affairs.

The goal is to find a way to help while still affording your parents the dignity and respect they want and deserve.

The goal is to find a way to help while still affording your parents the dignity and respect they want and deserve. To achieve a comprehensive plan on your parents' behalf, travel to them for an honest discussion. If this is not possible due to COVID-19 restrictions, then virtual meetings are best, followed by



phone calls as hearing loss typically makes communicating useful information difficult. Even on a screen, a face-to-face connection allows a parent to read lips, which is a typical strategy for older people experiencing hearing loss.

Review what legal paperwork your parents have and make sure it is in order. Many documents have a signature from many years ago, and things may have changed. If there is no designation of a medical power of attorney, be sure there is a document naming a "personal representative" to address restrictions outlined in the Health Insurance Portability and Accountability Act of 1996 (HIPAA). This document allows the waiving of privacy concerns that permits access to a parent's medical information while the parent is in the hospital. You can only work within the authority they choose to provide. Consulting with an attorney, can help identify gaps in their planning and recommend ways to fill those gaps so everyone can have peace of mind.

Create an up-to-date list of all your parents' doctors. The list should include medical contact information and all medicines (prescription or otherwise) that the parents take. If their general physician is not a geriatric specialist, it will help to find them one. Post-hospital fog and newly prescribed medications from an adverse health event can create confusion in an older parent. A geriatric doctor will know to look for and resolve these types of issues. Ask about the parameters for health care intervention.

Explain to your parents that being released from a hospital for a non-life-threatening, yet serious health episode is usually followed by the need for a care manager, at-home nursing care, or at least companion care. This additional care should not fall to a spouse if the parents live together. A spouse has their unique role to fill as well as personal health challenges with which to contend. Heaping an increased responsibility for spousal health care upon them may be damaging to their health.

Before an unforeseen medical crisis can occur, identify several qualified agencies in your parents' hometown. Review each agency and candidate carefully. It is easier to integrate a suitable candidate at the outset than having the chaos of retaining and releasing multiple workers. Maintain a strong relationship with the agency provider. They are an essential resource, and you will probably need them in the future.

Take the time to learn the specifics of your parents' healthcare and living arrangements. Coordinating your plan of response is contingent upon whether your parents live independently, in assisted living, or a retirement community. Wherever it is your parents live, their first desire will be to go home after an unexpected hospitalization. The desire to return home is a universal truth. Knowing the agencies that can quickly provide the type of care your parent needs in their home setting will go a long way to a successful transition. The faster you can meet the need, the easier it will be on your parent.

Knowing your parents' aging strategies may not address every issue you might encounter because they may not have all the necessary decisions and documents in order; but planning before a crisis will lead to a more successful outcome.

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Learn How Your Gynecological Visit Can Provide a Welcome Gift For You & Your Partner!

By Parveen Vahora, M.D.

The holiday season can be stressful and full of extra activities, which is why it's even more important not to forget about your health. It's critical to make sure you've scheduled your year-end medical appointments, and this also includes your gynecological visit. Regular wellness exams are essential to early diagnosis and staying healthy, but many women also secretly suffer with sexual dysfunction.

As women age, it's common to start to encounter changes in sexual health. Some of the disorders are pain, dryness, lack of sexual desire, and while these are NOT a "normal part of aging," these symptoms are often attributed to VVA (Vulvovaginal Atrophy). VVA is caused by a limited estrogen supply. The walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful (dyspareunia), cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it causes.

Many women believe this is an inevitable part of aging, but that's not true! It's a treatable condition with remarkable outcomes.

Women no longer have to keep their dyspareunia a secret, or worse, let it go untreated. There is a procedure that is working for many women. It's called MonaLisa Touch®, which is an advanced technique that has helped countless women turn back the clock, and it's 100% non-invasive!

MonaLisa Touch®

Non-Hormonal Advanced Treatment

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.

MonaLisa Touch® Procedure Benefits

- Non-invasive
- No surgery
- No anesthesia
- No hormones
- No downtime
- Quick results
- Comfortable in-office procedure

MonaLisa Touch® is quick, safe, convenient, and offers incomparable results!

Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration, healing, and a renewed enjoyment of each other. You'll be amazed at how effective this procedure gets you back to where you once were in your relationship.

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 postmenopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. They also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, Dr. Vahora has got you covered.

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

Inspiring Women to Live Their Best Life by Providing Compassionate and Personalized Care.

Gift Yourself This Holiday Season!

What better time to take care of yourself, and what better way than to regain your desire, pleasure and rejuvenation! MonaLisa Touch® is the perfect Holiday gift for you and your partner.

Don't just live with your sexual discomfort, get the relief and new beginning that you are worthy of. Call today to schedule an appointment and/or your Mona Lisa Touch consultation at Info@ParveenVahoraMD.com or call (727) 376-1536.

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

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Office Line: (727) 376-1536

Six Tips For Grieving During the Holidays

"Goodbyes are only for those who love with their eyes. Because for those who love with heart and soul, there is no separation" - Rumi

Decorations, caroling, shopping. After November has come and gone, the majority of people are preparing for the holiday season. It can be easy to get caught up in all of the hustle and bustle, but it is important to remember that for some, the holidays can be difficult. For those coping with grief and loss, December doesn't just mark a month of cheer, but a month of memories of those who have passed, and a whole new wave of grief.

Grief is difficult, and no one grieves the same way. Every journey through the grief process is unique, just as your relationship your loved one was unique. It is important to remember that what works for you may not work for others, and that is okay.

As the holiday season is beginning, the best way to cope with your grief is to communicate with your loved ones about it while holiday plans are being made. Set time aside to discuss your plan for the holidays and don't be afraid to create new traditions that honor the person missing this year.

Things to Remember During the Holiday Season:

- Time doesn't heal the pain associated with grief. It's what you do with that pain that does.
- Give yourself permission to cut back on holiday decorations, preparations and gift-giving, especially if you feel those things will make it harder.
- Don't be afraid to rethink traditions. Change the location of your gathering, ask someone else to host the holiday dinner, or treat yourself to a vacation.
- Remember it is okay to laugh and enjoy yourself. Your missing loved ones would want you to enjoy the season and time with others.

Six Helpful Tips for Coping During the Holiday Season:

1. Put out a "memory stocking," "memory box," a special place setting at the table, or another special memento.
2. Write down memories you treasure with your missing loved one, and pick a time to read them together with friends and family. This will allow



you all to reminisce about the fun times with your loved one. Don't be afraid to talk about the one who is missing. Odds are that other people want to talk about them too.

3. Spend the holidays somewhere different or with someone new. Perhaps even invite someone who doesn't have any local family to spend the holidays with you.

4. Seek gratitude. Try to find one thing to be grateful for every day during the holiday season. Write them down daily in a "gratitude journal" that you can look back at later.

5. Ignore people who want to tell you what you "should" do for the holiday. Listen and trust yourself. You have the right to say no, and to do things differently if you wish.

6. Say yes to help. Don't be afraid to rely on others during this difficult time. There are many different support systems and resources that can help with grief.

Gulfside's Bereavement Team is here to help. Grief never ends, because love never dies. While the holidays may be difficult to celebrate, we can still take time to reflect on the memories of our

missing loved ones that we treasure. You can use this time to also reflect on how far you have come during the grieving process. The holidays are just another step in your journey. If you can conquer these moments, then you can conquer the rest as well. By listening to yourself and communicating with others, the holiday season will be easier and hopefully a little more cheerful.

Gulfside's bereavement services are available to members of the community free of charge. Bereavement counselors are available to you either by phone, virtual conferencing (via Zoom), or an in-person meeting to help you cope with your grief. To schedule a time with one of Gulfside's bereavement counselors, call 727-845-5707 or visit www.Gulfside.org/bereavement-services for helpful resources through our Grief Words Library.



727-845-5707
www.Gulfside.org

It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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James Leiber, DO
Medical Director



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