HEALTH STORY OF THE PASCO/North Tampa/New Tampa Edition - Monthly

FREE : 8

WHAT WE EAT REALLY DOES MATTER

1/2/201

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WOMEN TO
BELIEVE THAT A
HYSTERECTOMY
IS THEIR ONLY
OPTION-NOT TRUE

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CONTACT US

OWNER / ACCOUNT EXECUTIVE

TAMPA/PASCO - (727) 515-2353

BOB GUCKENBERGER bobguckenberger@gmail.com CREATIVE DIRECTOR

SONNY GRENSING sonny@gwhizmarketing.com

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BayCare Medical Group Surgeon Gives Insight on Diverticulitis

Dr Brett Armstrong explains the details of diverticulitis and what common symptoms and treatment options are available to patients.

iverticulitis is one of the more common pathologies we see as General Surgeons. It is estimated that by the age of 40, 40% of Americans will have Diverticulosis, the underlying disease that causes Diverticulitis. This increases by about 10% per decade. Particularly in North Tampa, Diverticulosis is very common. The underlying pathology (Diverticulosis) is a weakening of the colon wall that leads to an outpouching, like a balloon. These outpouchings are prone to inflammation and rupture. This leads to the acute disease known as Diverticulitis. The cause of Diverticulosis is multifactorial. Most Americans tend to have a low-fiber diet. Particularly with recent trends towards high protein diets, diverticulosis has become more common. This, in combination with the anatomic S-shape of the last part of the colon (hence the name "sigmoid"), leads to higher pressures that cause the outpouches. Every so often, and largely for reasons that are not completely understood, one of these diverticuli become inflamed and perforate leading to diverticulitis.

Diverticulitis Symptoms

- Abdominal Pain
- Nausea
- Vomiting
- Fever
- Abdominal Tenderness
- Constipation

Healing and Treatment Options

There is then a spectrum of how severe diverticulitis becomes. For small perforations that spontaneously heal, they can be treated with outpatient antibiotics. For more severe cases, they require inpatient hospitalization, IV antibiotics, bowel rest, and at times additional procedures. The most severe cases

of diverticulitis require emergency surgery. Unfortunately, due to the active infection, the only surgery we can offer is to remove the colon and place a temporary colostomy (or "bag") until the infection resolves. It goes without saying that it is preferable to prevent diverticulitis from progressing to this point.

Diverticulitis is Progressive—How to Manage Symptoms

Once diverticulosis develops, there is no way to reverse the damage. A high fiber diet is encouraged to stop the progression of the disease. It used to be thought that nuts, seeds, popcorn, etc. could prevent attacks, however recent literature suggests this is not necessarily true. Diverticulosis may be diagnosed and monitored with routine colonoscopy.

Surgical Options for Severe Cases

Surgical resection of the affected colon is the only potential cure we can offer. This is typically reserved for patients that have had one or more bouts of complicated diverticulitis. The colon can be removed with a laparoscopic (minimally invasive) surgery with a goal of complete removal of the affected colon and a stapling of the colon together without the need for a colostomy. It's about two weeks of recovery, and 2-3 days in the hospital. There are of course risks to surgery, and your surgeon will review those with you before proceeding. Surgical resection is not right for everyone, and your surgeon can help you decide if this is the best option for you.

If you have been diagnosed with diverticulitis in the past and would like to discuss your surgical options, your BayCare Medical Group surgery team at St. Joseph's North is available to meet with you at any time. Please call (813) 264-6490.



Brett A. Armstrong, MD

Dr. Brett Armstrong specializes in general surgery. Dr. Armstrong received his undergraduate degree in biology from Florida State University in Tallahassee, Florida. He then earned his Doctor of Medicine from the Florida State University College of Medicine in Tallahassee. He continued his medical education by completing a general surgery residency at Memorial Health University Medical Center in Savannah, Georgia. Dr. Armstrong's clinical interests include abdominal hernias and colorectal surgery. He is a member of the American College of Physicians and Florida Medical Association. Dr. Armstrong speaks Spanish.



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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



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

3. Device Failure Caused By Allergies

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

- 1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.
- 2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

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

Alternatives to Surgery

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

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

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

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

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Advanced Pain Management for Peripheral Neuropathy:

What You Need to Know

BY DR. ROBERT LUPO, D.C.

hronic Pain affects hundreds of millions of Americans. Of those individuals, a staggering 20 million are suffering with peripheral neuropathy. Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, alcoholism, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Peripheral neuropathy happens when the small blood vessels, which supply blood and nutrients to the nerves become impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Symptoms of neuropathy most often include the following sensations:

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

RST Sanexas: Is NOT a TENS unit device

For three decades, our ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.

In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represents 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and subatomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique



properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.

Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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Nutrition: What We Eat Really Does Matter

hen it comes to diet and nutrition, it's safe to say that there are countless opinions of what's best. So, how do you really know whose advice to take? Mostly, it just comes down to common sense. For example, what's better, an apple or a cookie? A bag of chips or a handful of nuts and vegetable sticks?

Many people are jumping on the ketogenic bandwagon, and while it's beneficial for some individuals, it can wreak havoc on internal organs and overall health if done improperly. Saturated fats, processed meats, and dairy might sound delicious, but they can be detrimental to heart health and cause excessive plaque to form in the arteries throughout the body. If you want to limit simple carbs like bread, pasta, chips, and cookies, that's a fantastic idea, and it can help you maintain a healthy weight and reduce the risk of chronic disease.

There is no one magic diet, but avoiding added sugars, white flour, packaged foods, and snacks is a great way to feel better, increase energy and reduce the risk of diabetes, heart disease, cancer, and many other conditions. However, it's not just about what we avoid that's important, but it's also critical to cat a healthy diet the majority of the time.

If you can, increasing your intake of fresh or frozen vegetables and fruits is a great way to increase fiber, phytonutrients, and numerous vitamins into your diet. This will feed your cells and can even help to reduce some of the damage that may have taken place over the years. It's also wise to add in lean proteins. These can be plant-based or animal products, or a combination of both. Things like finfish, shellfish, nuts, seeds, and legumes are an excellent choice to feed and nourish your body.

It's also important not to go fat-free. It's important to avoid most saturated fats, but eating healthy fats is vital for the body to function properly. Foods like olives, avocados, walnuts, and extra virgin olive oil are full of essential nutrients and fatty acids that we need to thrive optimally.

There have been several recent studies on the effects of the Mediterranean Diet and heart disease. Although the results vary somewhat, in the end, after following patients for several years, those on a Mediterranean style diet, which is rich in plants and fish, and limits sugar, meats, and packaged foods have a

significantly less incidence of heart disease. The Mediterranean and similar diets also show that it has the most impact on those with high blood pressure, high lipid cunts (cholesterol, triglycerides), diabetes, and obesity.

Eating healthy foods helps us to not only feel and look better, but it supplies our bodies with energy and the nutrients it needs to thrive.

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See why so many people want to call Aston Gardens their home!

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Excessive Bleeding and Pain Lead Many Women to Believe That a Hysterectomy is Their Only Option-Not True

t's not uncommon for women to experience heavy bleeding due to fibroids or cysts at various stages in their life, but for many women endometriosis is the primary disorder causing their ongoing issues. Endometriosis and intrauterine disorders can cause excessive bleeding and pain. For older women that are finished having children, gynecologists often recommend hysterectomy. The same holds true for women that are finished having children and may have complications due to cancer, ovarian cysts or tumors.

Deciding to have a hysterectomy is a big decision because once the reproductive organs are removed, hormone replacement therapy is absolutely necessary for overall wellbeing and health. Thankfully, there are alternative options.

Endometriosis is a Common Problem

Endometriosis often goes undiagnosed. The endometrium is a mucous membrane that lines the uterus. The endometrial tissue and cells normally grows and sheds within the uterus during the female reproductive years. When there is an overgrowth of the endometrial tissue, it begins to grow outside of the uterus onto the ovaries and fallopian tubes. When this happens, it causes extreme pain for many women due to its associated inflammation and tightening sensations, and it's the continual natural process of shedding the lining (menses) even outside of the uterus.

The actual cause of endometriosis is still uncertain, but hormonal influences, hereditary factors, endometrial cell flow issues, and immune system disorders are all thought to be indicators of the overgrowth of endometrial tissue.

Symptoms of Endometriosis

- Painful periods
- Pelvic pain in between periods
- Excessive bleeding
- Discomfort during sexual intercourse
- Infertility
- Fatigue
- Bloating
- Discomfort during Bowel movements and urination

Endometriosis can lead to adhesions, which are sticky bands of scar tissue that adhere and tighten the inner space and organs within the Pelvic floor and womb. Adhesions can cause a great deal of pain on a regular basis and become even more stretched and begin pulling at the organs during the menstrual cycle. This can cause pain with menses, pelvic pain and pain with intimacy

TREATMENT OPTIONS

Medications:

ORILISSA is an oral pill that's clinically proven to relieve moderate to severe endometriosis pain. It's different—it's not a painkiller, injection, surgery, or birth control. And it does not contain hormones. ORILISSA works differently than other endometriosis pain treatments. It is a pill that dials down the amount of estrogen† in the body (estrogen fuels painful endometriosis lesions). Less estrogen equals less fuel for painful endometriosis lesions. ORILISSA is available in 2 doses. Each dose lowers estrogen by different amounts so you and your gynecologist can choose which dose is best for your individual needs.

LUPRON DEPOT is a prescription injectable medication for the management of endometriosis. It decreases estrogen levels to a very minimal level. It can help relieve the pain of endometriosis and reduce endometriotic lesions. LUPRON DEPOT has been prescribed by doctors since 1990.

It offers two different dosing options for treatment

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LUPRON DEPOT suppresses the hormones that cause endometrial tissue to grow. LUPRON DEPOT therapy suppresses the signals from the pituitary gland in the brain to the ovaries, which stimulate estrogen production. By doing this, LUPRON DEPOT injections also suppress the hormones that cause the endometrial to grow.

Suppressing the hormones helps:

- Provide endometriosis pain relief
- Reduce endometriotic lesions

There are minimally invasive options with laparoscopy. In most cases, women do not have to undergo long surgeries with large incisions. However, a combination of medications and minimally invasive surgery often provide optimal outcomes.

Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and offers MonaLisa Touch® for patients going through menopause, as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness.

Minimally Invasive Surgery

Laparoscopic diagnostic procedures can detect wear growths have formed. Dr. Vahora is able to remove endometriosis through laparoscopic methods, relieving patients of pain quickly and effectively. The field of gynecology has seen an emerging trend of minimally invasive procedures (MIP). These advances result in a shorter recovery period, less pain, and less scarring for women than the traditional surgical procedures.

Laparoscopy is the surgical technique where a camera is placed through a small incision in the umbilicus. Two smaller incisions are used to insert the surgical instruments. Laparoscopy allows the surgeon to visualize the entire abdomen and pelvis without making a large incision on the patient's abdomen.

Laparoscopic Hysterectomies

Having a hysterectomy is a decision one in every three women in the United States will face. In fact, hysterectomy is the second most common major surgery among women in this country. Of those surgeries, approximately one-third will be performed as a minimally invasive procedure that can result in a shorter recovery and leave a smaller scar.

Women do not need to be sidelined by hysterectomies. Dr. Vahora introduces "Not Your Grandmother's Hysterectomy *." Those who have a minimally invasive procedure typically return to normal activities in a few weeks. Traditional hysterectomies require an average hospital stay of five to seven days, and complete recovery may require up to two months. In other words, if you are a candidate for a minimally invasive procedure, you could return to your normal life in a much shorter time and experience a less painful recovery. "Not Your Grandmother's Hysterectomy "," makes a monumental difference for patients.

Techniques and technology have dramatically improved treatment. You don't have to live with the pain of endometriosis; there are many alternatives for you to get back to being pain free.

Get the relief and new beginning that you are worthy of. Call (727) 376-1536 today to schedule an appointment or email Info@ParveenVahoraMD.com. During office hours, you can also text to (813) 548 4412.

To find out more, please visit Parveen Vahora MD.com or email info@ParveenVahoraMD.com.

Include Good Nutrition in Your 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

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:

• 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 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 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.



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5802 State Road 54 New Port Richey, FL 34652

Wesley Chapel

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Zephyrhills

38010 Medical Center Ave Zephyrhills, FL 33540

For more information, visit FLCancer.com

Traumatic Brain Injury and Hyperbaric Oxygen Therapy: What Research Shows

traumatic brain injury (TBI) is caused by a blow to the head that damages the brain's function and signaling. TBI's can be mild to severe, and they can cause immediate and long-term damage. Depending on the severity.

Traumatic brain injury (TBI) is the leading cause of death and disability in the US. Approximately 70-90% of the TBI cases are classified as mild, and up to 25% of them will not recover and suffer chronic neurocognitive impairments.¹

HBOT and Brain Injury

Hyperbaric oxygen therapy (HBOT) is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

Numerous published literature and studies are indicating the efficacy of HBOT for traumatical brain injury. Research has been done on both animals and humans. It's sometimes speculated that it's best to receive HBOT within a short time frame after the TBI; however, HBOT can significantly improve TBI symptoms long after the trauma took place. Many patients and physicians see marked improvement and restoration within short and long-term healing.

HBOT can be a rigorous component of reducing inflammation. It also increases blood perfusion, reduces edema, stimulates and mobilizes stem cell production, and increases genetic and systemic regeneration of tissues.

A Study on The Effects of HBOT 1 to 6 Years After Injury

An Israeli trial lead by researcher Boussi-Gross, studied the effects of HBOT on TBI patients 1 to 6 years after their injury. These patients were experiencing Post-Concussion Syndrome (PCS) and complained of impaired cognitive functions for over a year, yet brain damage was below the detection level of MRI or CT brain imaging. Only patients who reported no change in cognitive function during one month prior to the beginning of the study were

included.¹ Along with imaging, including SPECT scans, six cognitive tests were also administered to rate improvement in brain functioning.

As mentioned, these patients showed no brain issues under MRI or CT; however, the SPECT scans showed the area of damage and blood flow issues before treatment. The following was shown after treatment: The changes in SPECT images after treatment indicate that HBOT led to reactivation of neuronal activity in stunned areas that seemed normal under CT and MRI imaging. While SPECT imaging has a limited spatial resolution (compared, for example, to fMRI), the changes in activity were sufficiently robust to be clearly detected by the SPECT images.¹

Conclusions Show Marked Improvement

This study demonstrated that HBOT can induce neuroplasticity and significant brain function improvements in mild TBI patients with prolonged Post-Concussion-Syndrome at late chronic stage, years after injury. The results call for a better understanding of how to set the optimal HBOT protocol for the specific patients and how to determine which patients benefit the most from this treatment. The findings reported here bear the promises that HBOT can be effective in treating other brain impairments, like easing PTSD symptoms or repairing radiation damage. It is also reasonable to expect that HBOT can help slow down or even reverse metabolic disorders associated with neurodegenerative diseases.¹

Hyperbaric Centers of Florida is a premier, state-of-the-art hyperbaric treatment facility located in the Tampa Bay area.



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

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

Common Off-Label Indications:

- Autism
- Peripheral Neuropathy
- Brain Injury
- Rheumatoid Arthritis
- Bells Palsy
- SclerodermaShingles
- Cerebral PalsyCosmetic Surgery
- Severe Migraines
- Infections
- Sports Injury
- Inflammations
- Stroke
- Lyme Disease
- Tendon Injuries
- Multiple Sclerosis
- Ulcerative Colitis
- Nerve Injuries
- Venomous snake and
- Oral Disease
- spider bites

References

1. R. Boussi-Gross, PLOS ONE, Hyperbaric Oxygen Therapy Can Improve Post-Concussion Syndrome Years after Mild Traumatic Brain Injury - Randomized Prospective Trial, November 15, 20013, https://doi.org/10.1371/journal.pone.0079995



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Finally, There's Real Relief for Lower Back Pain

hen you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The Ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- · Pain with sitting, standing, lying down or walking
- Numbness or tingling
- · Pain that permeates down the legs
- · Sciatic pain
- · Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.

Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with the National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- · Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- · Cancer Pain.
- · Neuropathic Pain.
- · Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD.
- Muscle and joint pain.
- . Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- . Chronic abdominal pain and pelvic pain.
- · Pain from traumatic injuries including auto accidents
- · Pain associated with osteoporosis and vertebral compression fractures.
- · Sports related injuries.

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 the National Institute of Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of 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 the 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).



National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558 10740 Palm River Rd, Suite 490, Tampa, FL 33619

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Get The Most From Your Beauty Treatment Protocols and Regimens

common question people ask is what I should do between visits to my esthetician or dermatologist that are the most complimentary to achieving my beauty and skincare objectives. Some protocols used to restore and beautify the skin do so by inducing cellular trauma to stimulate the skin cells healing process increasing the production of collagen for restructuring and restoration of the skin's suppleness and elasticity reducing aging wrinkles while restoring its' radiance. Examples of these protocols are many - to include chemical peel, light/laser, or physical (i.e. needling) stimulation. This article will shed some light on how topicals containing higher concentrations of pure CBD (500mg/oz) are complimentary, can play a role in substantially improving and maintaining your results.

Our body has an internal mechanism for maintaining homeostasis (balance) called the Endo-Cannabinoid System (ECS). One of the purposes of this system is to recognize when something is out of balance and signal the body for healing and restoration. This system manages inflammation for the deployment of white blood cells and collagen restructuring for healing. A CBD topical regimen is complimentary to treatments such as those described above as the ECS system responds to the treatment protocol induced trauma and/or cellular stimulation.

Additionally, CBD receptors can be found in the skin that when CBD is applied topically many benefits. Some of these include a more powerful antioxidant response than vitamin E and C for repairing damaged skin (see https://www.projectcbd.org/medicine/cbd-preventative-medicine). Further, clinical evidence indicates that CBD controls oil production in the sebaceous glands, can promote faster healing of damaged skin, and maintains the skin's balance when exposed to emotional, environmental, or hormone induced stress. Proven to reduce acne and other common skin irritations. This when combined with "killer ingredients" such as retinol, Hyaluronic Acid, Coenzyme Q10 and others and our high concentration of 99.9% pure CBD in an all-natural botanical cream for deep penetration provide for amazing results.

The CBD Healthcare Company is one of a few offering a complete facial beauty and skin care product line (figure 1). From our Anti-Aging serum to our imported French Clay Mask everything you need for a daily regimen. Our team has been servicing high end resorts, cruise ships, massage, spa, and therapeutic professionals for over 30 years. Our formulator has worked with the most prestigious brands having post-doctoral degrees in the fields of pharmaceutical and cosmeceutical formulations from Université Louis-Pasteur with more than 20 years researching and developing leading skincare and facial formulations:



Figure 2

Facial Beautification Bundle



CBD Anti-Aging Cream (https://cbdhealthcarecompany.com/product/cbd-anti-aging-concentrate-serum/) contains Coenzyme Q10 aids in collagen production and slows down the damage caused by photo-aging. High-purity extract from the Swiss alpine flower, Edelweiss, fortifies skin's protective barrier, enhancing its resistance to external stress factors.

CBD Hydra Renewal Night Cream (https://cbdhealthcarecompany.com/product/cbd-hydra-renewal-night-cream/) contains retinol, a vitamin A derivative that stimulates skin cell turnover and also helps eradicate imperfections and diminish the appearance of fine lines.

CBD Moisture Recovery Cream (https://cbdhealthcarecompany.com/product/cbd-moisture-recovery-cream/) with a key ingredient of hyaluronic acid which has anti-inflammatory properties, hydrates the skin, especially the upper layer of the epidermis providing a natural barrier to protect the skin from the environment.

CBD Instant Purifying Mask (https://cbdhealthcarecompany.com/product/cbd-instant-purifying-mask/) with imported French Clay gently cleansing and brightening skin, also calms it using one of the product's key ingredients—rosehip seed oil—which contains high amounts of antioxidants and unsaturated fatty acids.

Go to our website at CBDHealthcareCompany.com and get an additional 25% off our bundle website pricing for complete facial beautification protocol consisting of starting your day with the anti-aging serum followed by CBD Moisture Recovery Cream — to hydrate and protect your skin through the day. Returning home, apply the anti-aging serum followed by our CDB Night Hydra Renewal Cream. Using the CBD Instant Purifying Mask one to two times per week.

Statements have not been evaluated by the Food and Drug Administration. CBD Healthcare Company products are not intended to diagnose, treat, cure or prevent any disease.

Does Home Health Care Really Help?

ging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily button a shirt without arthritic fingers or the capacity to walk safely from the bathroom to the living room without tripping over an area rug and getting hurt.

As these daily tasks become increasingly more difficult, many seniors find themselves wondering if a home health service is right for them, and what they actually do to help. With so many different companies in the home health arena, it's important to differentiate services and provision of care.

Companion Care provides services help with daily tasks, like cooking, washing laundry, and vacuuming the floor. For some seniors, that kind of help is all they need.

But for seniors with more complex needs, there's another option: skilled home health care.

What does "skilled" home health mean?

Skilled home health services are provided by medical professionals, including home health aides, nurses or therapists, and are based on an order from a physician. These services could include a therapy, such as physical, speech or occupational. It could include medication management, meaning a nurse can help to make sure you are taking the right prescription, at the right time, with the right food or other medications.

An expert team of interdisciplinary professionals encompass the skilled home health model. Regular visits to monitor patients' medical conditions and treatments benefit recipients of care. For example, individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breathe, and often feel the need to call 911. With skilled home health, the team of nurses can prevent readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes.



Skilled nursing services at home means you can stay where you are most comfortable.

AARP reports that 89% of the aging population of patients want to remain in their home. It's important for individuals to maintain their independence even though they may require some form of temporary assistance. That's where Home Health Care medical professionals can help patients and their loved ones feel secure knowing that they're medical needs are being met in the comfort of their own home.

In Pasco County, Gulfside Home Health is now offering skilled nursing services, and more.

Skilled home health services from Gulfside Home Health is aimed at helping those in need of skilled nursing services, as well as those needing rehab to recover from a surgery, injury or illness, all in the comfort of home. This can include physical therapy following a knee or hip replacement, speech therapy following a stroke, or occupational therapy to help with arthritis.

For the patient, receiving skilled therapies at home means you can get back to the things you love doing faster and learn new ways to keep your independence. For the caregiver, it means getting the help you need and finding solutions that fit both of your lifestyles.

Gulfside Home Health Services

- Skilled nursing services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home rehabilitation services
- Nursing assessment at each home visit to monitor and manage progress

If you believe you could benefit from Gulfside Home Health's services, talk to your primary care physician about a referral for evaluation. For more information about Gulfside Home Health's services, or if you have any questions, please call 813-501-8244 or email info@gulfside.org.



813-501-8244 www.GulfsideHomeHealthorg



Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back, Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

3Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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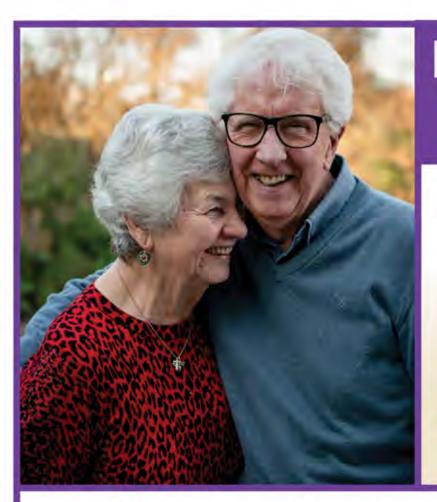
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