

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

May 2021

Polk/Brandon Edition – Monthly

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FREE

**WHAT A COLORECTAL SURGEON
WANTS YOU TO KNOW ABOUT
YOUR RISK FACTORS
AND SCREENINGS**

**VARICOSE VEINS ARE
A MEDICAL CONDITION WHICH
NEEDS TREATMENT AND NOT JUST
A COSMETIC CONCERN**

**SAVANNAH COURT
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What a Colorectal Surgeon Wants You to Know About Your Risk Factors and Screenings

According to the National Institute of Health, in 2021, colorectal cancer is expected to cause 52,980 deaths in the U.S. Colon cancer is the third most common type of cancer. If caught early on, it can be adequately treated. We're also starting to see younger people suffer from this disease. There are typically no signs or symptoms of colon polyps or colon cancer. That's why it's critical to have colonoscopies every 10 years, or as recommended by your physician, starting at ages 45 to 50. If you've been diagnosed with colon cancer, your screenings will need to be more frequent.

We caught up with one of BayCare Medical Group's Colorectal Surgeons, Dr. Amy Curry, to find out more about prevention and treatment.

"Last month was Colorectal Cancer Awareness, but it's essential for us to keep educating patients on the importance of screenings. This year's statistics show that 1 in 24 people will develop colon cancer in their lifetime." Dr. Curry further explained. "Colon cancer is the second leading cause of death in both men and women after lung and breast cancer.

"From research, we know that 68% of all colon cancer deaths could be alleviated with timely screenings. The issue with waiting until you have symptoms is that colorectal cancer has no symptoms until the disease is advanced.

"Polyps usually begin to develop between the ages of 45 and 50, and they are the cause of colon cancer. A colonoscopy can detect polyps, and we're able to remove them before they become cancerous.

Colonoscopy

"Larger polyps can cause blood in the stool, but even they are typically asymptomatic. Colonoscopy allows us to see the entire lining of the colon. During a colonoscopy, then we insert a thin, flexible tube with a light and a camera at the tip through the anus and advance it through the entire length of the large intestine (colon). Using a variety of techniques, polyps that are found during this thorough examination can then be removed and collected through the colonoscope.



"The recommended age to begin colonoscopy is 50, but many societies across the board recommend screening at age 45. This is especially the case for those with a family history. If anyone in your family has had colon, rectal, ovarian, uterine, or breast cancer, you are considered at a higher risk.

Risk Factors

"As with most cancers, the risk factors are family history, excessive alcohol or tobacco use, a sedentary lifestyle, and a poor diet of processed foods and red meat, to name a few. With colorectal cancer, we know that diet plays a crucial role in prevention or making people more susceptible to the disease. It's important to incorporate a lot of plant fiber, vegetables, fruits, and whole grains into your diet. These are well known to provide intestinal and colorectal health.

Early Diagnosis

"What I want more people to know is that if colorectal cancer is caught in stage I or Stage II, the survival rate is 90 to 95%. With early diagnosis, typically patients don't need further treatment after surgical resection. In more advanced cases, we incorporate chemotherapy or radiation therapy and other interventional treatment if necessary.

Are there Alternatives?

"If patients cannot get a colonoscopy, there are secondary options such as virtual colonoscopy (CT Scan); however, most medical and health societies like the CDC only recommend virtual colonoscopy for those with severe heart disease or those on high levels of blood thinners. There are other options like the fecal testing cards, and while those

have high false negative and false positive rates, they can detect microscopic amounts of blood in the feces, and they are better than nothing at all. Colonoscopy is the Gold Standard in diagnosis.

"Only 66% of people have been getting their screenings, but with education, every year those numbers increase. We're hoping that more people will start to understand the importance of colonoscopies and how it saves lives and prevents lengthy procedures and recovery."

Amy Curry, D.O., General Surgeon Specializing in Colorectal Cancer

Dr. Amy Curry specializes in colorectal surgery and is board certified in general surgery. She earned her Doctor of Osteopathic Medicine from Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. She continued her medical education by completing an internship and residency in general surgery at Philadelphia College of Osteopathic Medicine. She then completed a minimally invasive colon and rectal surgery fellowship at the Colon and Rectal Clinic of Orlando/Orlando Health in Orlando, Florida. Dr. Curry's clinical interests include laparoscopic and robotic surgery, minimally invasive surgery, endoscopy, as well as diseases and disorders of the anus and rectum. She is a member of the American College of Osteopathic Surgeons, the American College of Surgeons and the American Society of Colon and Rectal Surgery.



Polyp cells can divide and proliferate quickly within the colon and rectum. Stop putting it off, schedule your colonoscopy. Please call (863) 733-4390.



2000 Osprey Blvd., Suite 205, Bartow, FL 33830

INDEXED UNIVERSAL LIFE (IUL) INSURANCE

IULs are not for everyone, but in some instances, they offer greater flexibility for those who need to plan for multiple events and outcomes.

What is Indexed Universal Life (IUL) Insurance?

Based on the life of the insured, After a premium is paid, a portion goes toward the cost of the overall insurance. The additional is added to the cash value of the insurance. Not invested in the direct stock, the cash value with interest is credited in an equity index. Written into some policies, the holder can select the percentage to be allocated to one or multiple indexes to credit with the funds. IULs are evaluated at the end of each month. If the value has increased, the interest is added to the cash value. These gains can be added back to the policy monthly or annually, depending on what the policy holder has decided. If the index goes down, no interest is available to credit.

Why Many People Love IULs

- IULs has low premiums because the policy holder is taking more risk.
- There is greater flexibility because the policy holder controls how much of the value is risked
- Death benefit amounts can be adjusted over time if necessary.
- The cash value earned can out-grow the policy and therefore, allow one to stop making out-of-pocket payments.
- Because it's not a stock market investment, the risk is reduced
- IULs allow for unlimited contribution, so if a policy holder wants to invest or change allowances, there is no limitations involved.

In regards to long-term care, these come with high dollar investments necessary to pay the 50-upwards of 200,000 per year. Many individuals are thinking ahead and preparing for long-term care with their IULs. A hybrid IUL that allows many retirees to use an alternative to traditional long-term care policies. Hybrid policies are less restrictive. Some hybrid policies offer a death benefit if the policyholder does not use the long-term care benefits.

To find out more about your options, you need an experienced expert.

Cheryl Masters – Mortgage Protection: What You Should Know

If something happens, the last thing a family should have to worry about is making the mortgage payment. Some programs will return all the premium you paid, when the policy expires. Cheryl Masters is the life insurance agency owner at Masters Life Insurance in



association with Family First Life. She is an expert at bridging the gap between the community and well-established insurance agents. Her years of experience and relationships allow her to help you in multiple situations. When it comes to your mortgage and unexpected disruptions, she can help you navigate the situation by supplying you with essential analytics and information, reputable agents, accessibility, and follow through.

Cheryl shares her expertise and advice below:

You are among the fortunate Americans who have made their dream of owning a home come true. Many families have to leave their home due to economic hardship caused by death, disability, or unemployment, so protecting your home for you and your family could be one of the wisest decisions you make.

Consider the following:

If you died, would your family have enough money to pay off the mortgage?

If you were unable to work for an extended period, would your family have enough money to pay the mortgage each month?

If you lost your job, would you still be able to afford your insurance premiums?

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Please call Cheryl Masters at 877-374-3205 or email her at ms.cheryl.masters@gmail.com for more information or to schedule an appointment.

1 HMS Plus CBO build a cash value that is available to you upon request, less any loans, if the policy is terminated. If the Enhanced Surrender Value Benefit (Cash Back Option benefit) is in effect at the end of the Enhanced Surrender Value Period, the surrender value of the policy will equal the total amount of premiums paid for the base policy, not including any premiums paid for riders. 2 Riders are optional, available for an additional cost and may not be available in all states. 3 Living Benefit Riders are included at no additional cost on HMS Plus 100, 125, and CBO. Subject to state variations.

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WOMEN & LEG HEALTH

A photograph of a woman's legs from the knees down, wearing black high-heeled sandals with gold-colored ankle straps. Her legs are raised and bent at the knees. A hand from the left side of the frame points to a visible vein on her right calf. The background is a solid light blue.

**VARICOSE VEINS ARE
A MEDICAL CONDITION
WHICH NEEDS TREATMENT
AND NOT JUST
A COSMETIC CONCERN.**

The veins in the legs consist of the deep and superficial systems. The superficial system lies below the surface of the skin outside the muscle. The great and small saphenous veins and their branches are the main superficial veins.

“The deep vein system is located in the muscles of the legs,” according to Dr. Samuel P. Martin, founder and medical director at Vascular Vein Centers. “The deep system is responsible for carrying 90 percent of the blood back to the heart and lungs.

The term *varicose vein* refers to the bulging, rope-like veins visible under the skin. These develop when incompetent valves in veins cause blood to *reflux*, or flow backward in veins distending them. Varicose veins are branches off the great and small saphenous veins. These veins have no significant role in returning blood & just empty into to the deep veins.

Reflux impairs blood flow upward toward the heart and when this results in swelling and skin changes it is called *venous insufficiency*. “Varicose veins are the most obvious sign of venous insufficiency. Other signs and symptoms include achy, throbbing or heavy sensations; muscle cramps; swelling; thickened, discolored skin of the lower leg – often accompanied by dryness and itching.

“Venous insufficiency is a progressive medical condition which if not treated, can result in skin deterioration and ultimately breakdown to ulceration in some people.”

Vein disease is more common in women due, in part, to hormone fluctuations throughout a woman’s lifetime and pregnancy. Varicose veins are common during and after pregnancy.

“Pregnancy causes considerable changes in a woman’s body, and these changes can adversely affect the veins of her legs,” Dr. Martin observes. “During pregnancy, the fluid in the woman’s body increases by as much as 50 percent, and she



retains more sodium from the salt she eats. Later in pregnancy the gravid uterus compresses the pelvic veins causing resistance to venous outflow from the legs. These factors can cause legs and ankles to swell.”

Levels of hormones – estrogen and progesterone, change dramatically during pregnancy causing veins to dilate, weakening vein walls. All these factors, especially with multiple pregnancies lead to varicosity and progressive venous insufficiency. While the causes of vein problems are reduced once the woman gives birth, the effects of pregnancy can be long lasting, Dr. Martin warns.

“The most common post-pregnancy vein problems are ongoing varicose veins and some women get significant spider veins in the skin of both legs. These embarrassing patterns don’t exist in isolation and almost always indicate a deeper problem, even if varicose veins aren’t seen. “Women are also at increased risk for blood clots in the deep veins during pregnancy – *deep vein thrombosis (DVT)*. A woman is “*thrombophilic*” because the body is dealing with high hormone levels, an enlarged uterus, as well as increased blood volume and swelling. The hormonal changes associated with pregnancy continue for months after the birth.”

Once the hormones return to normal, the vein issues may appear to resolve but there can be ongoing issues beneath the skin surface. Vascular Vein Centers offers advanced treatments, including *foam sclerotherapy* using *Varithena®* and endovenous laser therapy (EVLT) to eliminate what could become a progressive problem.

“The treatments eliminate affected veins without the trauma of taking them out surgically. The body reroutes the blood flow through healthy veins,” Dr. Martin explains. “The treated veins are absorbed by the body naturally over time. The treatments are minimally invasive outpatient procedures performed by specialists at Vascular Vein Centers in the comfort of an office setting.”



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They are the experienced experts offering personalized spine care in the Tampa Bay area. Undergoing spine or brain surgery is one of the most important decisions a patient will ever make. That is why you cannot settle on just anyone. Dr. Tien Le is trained in the most cutting-edge neurosurgical techniques, resulting in the most precise surgical care.

The friendly staff at Total Spine & Brain Institute will work with you, your family, and your referring physician to ensure that you receive the best care possible. Dr. Tien V. Le is patient-focused and explains every possible course of action. He listens and treats you with the respect, care, and compassion you deserve. Patient conditions are thoroughly discussed, and options are explained in a way that empowers you to make the best treatment choices. We often focus on treatment options that don't involve surgery whenever possible. Our team works seamlessly to ensure you receive the highest quality of care available.

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Minimally invasive spine surgery has revolutionized the field within the last two decades. Prior to its introduction, traditional spine surgery required extensive dissection of the normal tissues surrounding the spine.

Kyphoplasty

A compression fracture or a break in one of your vertebra can be painful. It can also make it difficult to move freely. That's because a break can result in bone fragments rubbing against each other. Surgery can help treat such fractures. For example, kyphoplasty and vertebroplasty are minimally invasive procedures that are often performed

together. Usually, they can be done without a hospital stay.

Non-Fusion Spine Surgery For: CONDITIONS

- Carpal Tunnel Syndrome
- Ulnar Neuropathy
- Spinal Tumors
- Non-Fusion Spine Surgery

PROCEDURES

- Carpal Tunnel Release (Median Nerve Neurolysis)
- Ulnar Nerve Neurolysis (release)

Cervical Spine

CONDITIONS

- Radiculopathy / Pinched NerveRadiculopathy / Pinched Nerve
- Herniated Disc
- Bone Spurs
- Spinal Stenosis
- Myelopathy
- Kyphosis and Deformity
- Instability
- Fractures
- Neck Pain

PROCEDURES

- ACDF (Anterior Cervical Discectomy and Fusion)
- Artificial Disc Placement to preserve motion (Cervical Arthroplasty)
- Anterior Cervical Corpectomy
- Posterior Cervical Laminectomy (+/-) Fusion
- Posterior Cervical Laminotomy and Foraminotomy
- Cervical Stabilization Procedures
- Vagal Nerve Stimulator Placement

Thoracic and Lumbar Spine

CONDITIONS

- Radiculopathy / Pinched Nerve
- Sciatica
- Bulging Disc / Disc Protrusion
- Herniated Disc



- Bone Spurs
- Facet Synovial Cyst
- Spinal Stenosis
- Foraminal Stenosis
- Spondylolisthesis
- Scoliosis and Deformity
- Fractures
- Instability
- Degenerative Spine Disease
- Back Pain
- Bulging disc treatment

PROCEDURES

- Microscopic Discectomy (Microdiscectomy)
- Microscopic Decompressive Laminotomy / Laminectomy
- Microscopic Foraminotomy
- Percutaneous Instrumentation
- Kyphoplasty / Vertebroplasty
- Spinal Cord Stimulator
- Spinal Fusion Techniques
- ALIF (Anterior Lumbar Interbody Fusion)
- OLIF (Oblique Lumbar Interbody Fusion)
- DLIF / XLIF (Lateral Lumbar Interbody Fusion)
- TLIF (Transforaminal Lumbar Interbody Fusion)
- PLIF (Posterior Lumbar Interbody Fusion)
- Synovial Cyst Resection
- Posterolateral Fusion
- Reconstructive Spine Surgery
- Scoliosis Correction
- laminectomy

Brain Surgery

CONDITIONS

- Brain Tumors
- Meningiomas
- Gliomas
- Metastases
- Facial Pain Syndromes (Trigeminal Neuralgia)
- Subdural Hematoma
- Chiari Malformation
- Intracranial Hemorrhage
- Skull Fractures

PROCEDURES

- Craniotomy for Tumors
- Stereotactic-Navigated Craniotomy for brain tumor resection

- Stereotactic-Navigated Brain Biopsy
- Burr Hole / Trephine Craniotomy
- Suboccipital Craniectomy for Chiari Decompression
- Microvascular Decompression of Cranial Nerves
- Ommaya Reservoir Placement

Robotic Spine Surgery

At Total Spine & Brain Institute, we specialize in minimally invasive spine surgery and complex spinal disorders. We employ the latest in cutting edge technologies including robotic assisted spinal surgery platforms for better accuracy and results. In fact, Dr. Le was the first surgeon in Hillsborough county to utilize the cutting-edge Mazor X™ technology.

Robotic-assisted spine surgery has many advantages that can lead to a faster recovery time, ultimately returning patients to their active lifestyles faster. This includes:

- Improved surgical accuracy and precision
- Smaller incisions
- Less risk for surgical complications
- Less exposure to radiation
- Plus, shorter hospital stays

MAKING THE DECISION TO HAVE SPINE OR BRAIN SURGERY IS COMPLEX, TRUSTING THE EXPERTS SHOULD BE EASY. CONTACT TOTAL SPINE AND BRAIN INSTITUTE TODAY TO FIND OUT MORE ABOUT HOW THEIR TEAM CAN HELP YOU.



ABOUT US – TOTAL SPINE AND BRAIN INSTITUTE'S TEAM

Tien V. Le, MD, FAANS

Diplomate, American Board of Neurological Surgery

Dr. Tien V. Le is a Board-Certified and dual Fellowship-trained Neurosurgeon who earned his Bachelor's degree in Biology from the University of North Florida, where he graduated summa cum laude with Baccalaureate Honors. He then received his medical degree at the University of South Florida Morsani College of Medicine (USF), having earned the distinction of Neurosurgery Student of the Year during his senior year. His neurosurgery residency training was done at the world-renowned Cleveland Clinic and USF, where he was elected and served as Chief Resident during his final year.

Dr. Le has completed two fellowships in Minimally Invasive Spine Surgery. His first fellowship was during residency at USF where he trained under Dr. Juan Uribe. After completing his residency, Dr. Le was then selected by Dr. Kevin Foley to the prestigious post-graduate Spinal Surgery Fellowship at Semmes-Murphey Neurologic & Spine Institute. While there, he also obtained additional fellowship training in scoliosis, deformity, and complex reconstructive spine surgery with Dr. Julius Fernandez.

Julianne Wilkins, PA-C

Julianne Wilkins grew up in Akron, Ohio. She moved to Florida and received her Bachelor's degree in Nutrition from Florida State University. She then went on to Kent State University, and received a Master's of Science in Nutrition. Upon graduation, she worked as a Clinical Dietitian and was empowered to help people improve their health and quality of life. To further her ability to do so,

Julianne went on to the University of South Florida and received her Master's of Science degree in Physician Assistant Studies. Her clinical acumen and passion for the complexity of the neurosciences led her to pursue a career in neurosurgery at Total Spine & Brain Institute, where she is integral in both the operating room and the clinic. Her goal is to provide the best possible care for her patients by helping them understand their medical condition and treatment plan. Outside of work, Julianne enjoys exploring new places, playing softball, and spending time with her friends and family.

Niraj Patel, PA-C

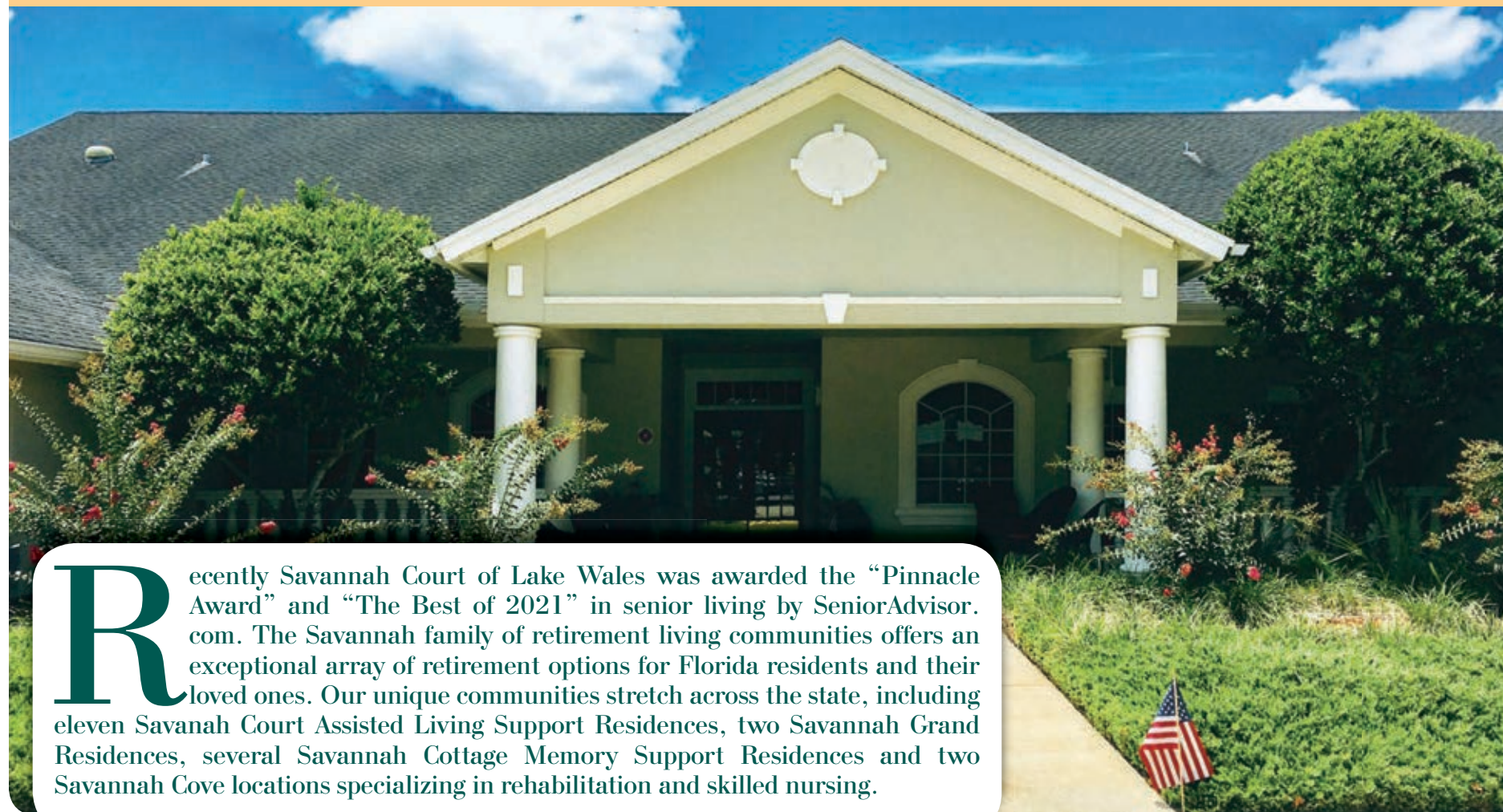
Niraj Patel grew up in the suburbs of Atlanta, Georgia and received his Bachelor's degree in Biochemistry and Molecular Biology from the University of Georgia. He went on to study at Nova Southeastern University in Orlando and received his Master's of Medical Science in Physician Assistant Studies, graduating with highest honors. Following graduation, he moved back to Atlanta to work in primary care and urgent care serving the community that he grew up in. He then built on his excellent outpatient clinical experience in general medicine to propel him to a career in neurosurgery with Total Spine & Brain Institute. Niraj values educating and establishing a personal connection with his patients and guiding them through various treatment options, both surgical and non-surgical. In his leisure time, he likes traveling, exploring different cultures, playing basketball, and going to the gym. Niraj is an avid Georgia Bulldogs, Atlanta Falcons, and Atlanta Hawks fan and enjoys spending quality time with his friends and family.

Tien V. Le, MD, FAANS
Neurological Spine Surgery.
Total Spine & Brain Institute

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Savannah Court Senior Living Communities – *Offering You so MUCH more*



Recently Savannah Court of Lake Wales was awarded the “Pinnacle Award” and “The Best of 2021” in senior living by SeniorAdvisor.com. The Savannah family of retirement living communities offers an exceptional array of retirement options for Florida residents and their loved ones. Our unique communities stretch across the state, including eleven Savannah Court Assisted Living Support Residences, two Savannah Grand Residences, several Savannah Cottage Memory Support Residences and two Savannah Cove locations specializing in rehabilitation and skilled nursing.

Enjoy the finest in assisted living accommodations at Savannah Grand and Savannah Court Assisted Living Residences. Each of our communities offers residents several choices in floorplans, tastefully decorated common areas and immaculately maintained grounds. Our signature service program provides supervision, personal care and many other services designed to provide a fulfilling lifestyle for seniors. We specialize in independent, assisted living, and memory care communities.

Residents are escorted out for shopping, dining, and sightseeing on a regular basis. It’s truly the best lifestyle!

All of our communities offer different amenities, lifestyle choices, healthcare and programs. Below is a snapshot to paint the picture more clearly of what one of senior communities is like and why so many residents love to call our communities “Home.”

SAVANNAH COURT OF LAKE WALES SENIOR LIVING OPTIONS

Savannah Court of Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. Savannah Court is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. Savannah Court of Lake Wales has it all. The community represents a true Central Florida retirement lifestyle with comfort throughout. Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, Savannah Court of Lake Wales offers an abundance of opportunities for any lifestyle. This is assisted living at its finest.

Assisted Living

Assisted living at Savannah Court of Lake Wales is individualized. Residential private apartments with support and care close at hand. Savannah Court of Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

At Savannah Court of Lake Wales, life is resident centered.

The associates at Savannah Court provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities and access to a nurse.

Short Term Respite Care in Lake Wales, FL

The Savannah Court Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



Adult Day Programming

Savannah Court is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 7 days a week, Savannah Court's Adult Day Care Programs are a great alternative to staying at home! They are also a great worry free glimpse into the LIFE at Savannah Court for prospective residents

Community Benefits

Savannah Court offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.



Savannah Court is home to Resident Programming Department that tailors their programming to the personalities that live at Savannah Court. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed

**\$1000 off
Community Fee**

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Senior Director of Lake Wales & Haines City

ANGELA ROSS-BROWN
Executive Director of Haines City

RACHEL LOPER, LPN
Resident Care Director of Lake Wales & Haines City

TILLIE BRICKNER
Marketing Relations Director of Lake Wales & Haines City



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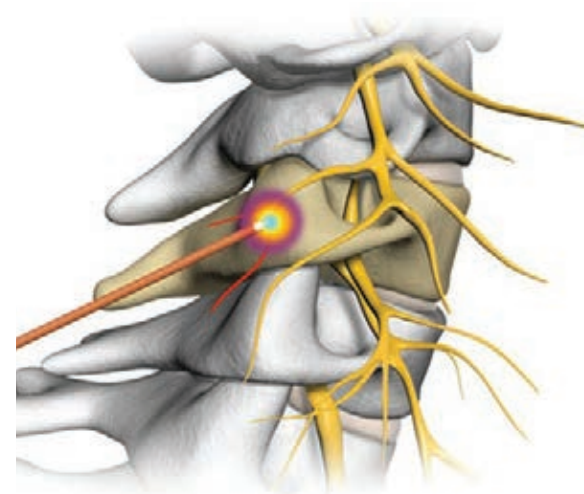


RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



At the Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, and his team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

WHAT IS RADIOFREQUENCY ABLATION?



Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

WHAT CONDITIONS ARE TREATED BY RADIOFREQUENCY ABLATION?

Dr. Jassal uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

A

RE YOU ONE OF THE MILLIONS OF AMERICANS SUFFERING FROM CHRONIC BACK OR NECK PAIN? HAVE YOU TRIED MULTIPLE TREATMENT OPTIONS WITH LITTLE OR NO SUCCESS? IF SO, RADIOFREQUENCY ABLATION MIGHT BE THE SOLUTION TO YOUR CHRONIC PAIN.



It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

HOW DOES RADIOFREQUENCY ABLATION WORK?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

Dr. Jassal will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.

IS RADIOFREQUENCY ABLATION EFFECTIVE?

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It's possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.

ARE THERE ANY RISKS ASSOCIATED WITH RADIOFREQUENCY ABLATION?

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects — which are also uncommon — usually only last 2-3 days.

They include:

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Spine & Pain Institute of Florida today.



About Dr. Jassal

If you want an award-winning expert who offers the latest treatments to reduce pain, look no further than Navdeep Jassal, MD. At his practice, Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

Dr. Jassal started his medical education at the University of California, San Diego, where he earned his bachelor of science in biology. He then continued onto Ross University School of Medicine in Dominica, West Indies, completing his Doctor of Medicine degree. He completed his physical medicine and rehabilitation residency at the Zucker School of Medicine at Hofstra/Northwell in Great Neck, New York, and was elected chief resident during his final year. Dr. Jassal then rounded out his medical training with a pain medicine fellowship at the University of South Florida Morsani College of Medicine in Tampa, Florida.

Today, Dr. Jassal is certified by the American Board of Physical Medicine and Rehabilitation in both pain medicine and physical medicine and rehabilitation. He leverages his pain medicine specialty to help patients manage even the most complex pain.

Dr. Jassal treats chronic and acute pain, including cancer pain, neurological pain, and musculoskeletal pain. To do this, he offers each patient a personalized interventional treatment plan that may include tailored physical therapy, medication, and procedures like implantable spinal cord stimulators, intrathecal drug delivery systems, lumbar decompression, minimally invasive sacroiliac joint fusion and more.

When he's not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida's pain medicine fellowship. He is also actively involved in research to uncover new, minimally invasive ways to treat spinal pain.

Dr. Jassal is an award-winning physician. In the Tampa edition of Top Doctor, he was voted the #1 Tampa pain physician in 2018 and was runner up in 2019. The University of South Florida named him Pain Faculty Attending of the Year in 2018. In addition, he recently won first place at the annual meeting of the American Society of Interventional Pain Physicians for his research and consistently presents at regional and national conferences on his outcomes.



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Treating Sinusitis Naturally and Effectively

Master Herbalist Steve Frank

If you suffer from chronic sinusitis and have been through multiple courses of antibiotics then you know the ills of the antibiotic approach. The antibiotics leave you with intestinal problems and often yeast infections while they only get rid of the sinus infection for 6 months or so. The next time it comes back, you have to try a different antibiotic and this one will cost more and make you feel worse. So why is this cycle escalating? Why aren't you winning the war when you frequently win the battles? Because the antibiotic solution does more harm than good. It shifts the fauna and flora of bacteria in your sinuses to the ones that are not so easily killed by the antibiotics and leaves you with a more formidable foe after each round. Additionally, the antibiotics are taken systemically, which means that they are coursing through your entire body when you only need them in your sinuses. This distorts all of the fauna in your body and can lead to a yeast infection. What's a sinus sufferer to do?

Glad you asked. The problem is two fold. First, you are fighting what is a symbiotic relationship of fungus and bacteria with an active agent that kills only the bacteria. Second, the active agent that you are using to kill the bacteria kills only some of the bacteria. The types that are not susceptible to your chosen antibiotic will take-over the feeding grounds of the ones that you have killed, leaving you with a fauna of germs that you cannot kill. This is really a recipe for how to take a bad neighborhood and make it worse by killing off only the weakest of criminals.

Let's explore the first point. Your sinuses are host to many fungi. They thrive on the muco-polysaccharides (mucus) that line your sinus passage and produce exotoxins that irritate the sinus membranes. Your immune system does its best to kill these invaders but this is a constant battle, for every breath that you take will contain bacteria and molds. What makes this problem worse is the fact that the fungus acts as a platform of insulation on which the bacteria can live and thrive. The bacteria can digest the conversion of the muco-polysaccharides by the fungus and live on top of them. In this manner, they are insulated from your immune system and from the drugs that you would take to reach them by distribution through your micro-capillary bed.



And so you see, approaching the problem of sinusitis with merely an antibiotic to kill the bacteria would be only half the solution. You need an anti-fungal as well to attenuate the population of molds (fungi) that inhabit your sinuses. For it is these molds that insulate the bacteria, keeping them out of reach of your immune system.

And now for the second part. It is very important to choose an anti-microbial that will kill ALL the bacteria. Antibiotics work in three discrete manners and can kill three different groups of bacteria. Each type of antibiotic will kill only a portion of the fauna leaving the survivors to take-over the sinus tissue that was abandoned by the bacteria which you killed. What you *want* is a broad-spectrum antimicrobial that kills all types of bacteria as evenly as possible so that you don't just kill the easy ones. And, an antimicrobial that will kill the fungus.

Ah, so you ask, "where can I find such an active agent that kills fungus and all types of bacteria?"

Glad you asked. Clinical studies have shown that an enhanced aqueous colloid of silver (EACS) of 35 parts per million or more, is able to terminate sinus infections in a week or less and this is far better than sinus surgery or antibiotics. What's more, it can be sprayed directly into the sinuses and so it doesn't have to be taken systemically. You apply it only where the infection is occurring; In your sinuses.

To reach the deeper sinuses, it is best to use a Neti Pot. You can fill your sinuses with the solution and then close off your nose with your fingers. Sitting this way for 10 or more minutes will kill more bacteria and fungus than a week of antibiotics.

Of course, since you have a sinus infection, the mucosal flow is pretty large. This will flush the antimicrobial from the area in less than 10 minutes. If it's not there, it's not working. *It is absolutely paramount to the success of this therapy that you spray every 20 to 30 minutes. Using the Neti Pot in the morning and evening for 10 minutes is also advised.* Bacteria and fungus can double in number every 20 minutes.

So you see, the balanced holistic approach to sinusitis rests with using the right active agent, in the right concentration, in the right place and with the right protocol. If this is done, you will attenuate the fungus and the bacteria while not shifting the fauna and flora. You will re-establish the balance of power in your sinuses. I suggest that you look for an enhanced aqueous silver colloid product that offers Sinus Relief or some Super Neti-Juice for your neti pot. Colloids that espouse concentrations of 250ppm and 500ppm are compounded (this ruins them) and in my testing have performed horribly. Look for 35ppm to 50ppm pure colloids.

Over the past 20 years, Mr. Frank has directed and participated in more than a dozen clinical studies, written numerous papers, articles and books relating to natural solutions for health. His many hours in the clinics and labs have generated patents on respiratory antiseptics and enhancement of colloids.



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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."



Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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We've enhanced our safety measures to protect your health. We're screening everyone for fever and COVID-19 symptoms prior to entering our offices. All doctors, team members and patients are required to wear masks and we're sanitizing our offices throughout the day.



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