

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

May 2021

South Tampa Edition - Monthly

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FREE  

Hurricane Preparedness

ASTON GARDENS
AT TAMPA BAY HAS
THEIR RESIDENTS
COVERED

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DERMATOLOGISTS
WANT YOU TO KNOW
THE REAL REASON
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**Do You Suffer
From Migraines?**

CONSIDER PARTICIPATING
IN A LOCAL CLINICAL TRIAL

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Clinical Trials

- SAVE LIVES -

Have you considered participating in a research study? If you or someone you love suffers from any of the conditions listed, you may qualify to take part in a research study. Learn how to get involved today.

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PROCEED WITH CAUTION

**Chest pressure, a squeezing sensation or chest pain.
These feelings may be angina, a symptom of heart disease.**

Your heart comes with a warning system called angina, which happens when part of the heart doesn't get enough blood and oxygen. Angina is a symptom of coronary artery disease (CAD), a type of heart disease that occurs when arteries that carry blood to the heart become narrowed or blocked. Although angina often feels like a pinching sensation in the chest, it can also be accompanied by sluggishness, fatigue and chest tightness. If you experience any of these symptoms, the heart experts at BayCare's St. Joseph's Hospital can quickly get to the cause and treat it with a procedure that's right for you.

Diagnosing and treating CAD is just one area of our expertise. We use state-of-the-art technology to treat rhythm disorders like AFib and offer minimally invasive procedures for structural heart and valve conditions. St. Joseph's Hospital provides care for advanced heart failure through our Heart Function Clinic and BayCare's ventricular assist device program, and has an accomplished open-heart surgery program. Along with many other treatment options and advanced heart care services, our multidisciplinary team is here when you and your heart need us. And we have enhanced safety measures to help keep you protected, so you can feel secure getting the care you need. Don't ignore your heart's warning system. Learn more and get a cardiology referral: StJosephsHeart.org



BayCare

St. Joseph's Hospital

Lives Upended by the Pandemic. Nobody is Immune.

Remember toilet paper shortages? We knew even then that we'd look back and laugh at the absurdity. And we all had That Friend. The expert who could tell us where to buy toilet paper or even cans of Lysol. And remember that first day when those of a certain age could register for the vaccine on the county website between 2pm and 7pm? Waiting for our cursor to stop circling was not at all funny as we desperately tried to get an appointment for ourselves or a loved one. Now, those same friends were self-proclaimed Vaccine Appointment Experts. Instead of choosing the most popular nearby vaccine site, select the one in Plant City! Bam! Vaccine appointment set.

How lucky we were to have these friends who kept abreast of the essential resources we all needed and took great pleasure in guiding us to them!



Now as more of us get vaccinated, it feels like normal life is right around the corner. Although many can see the light at the end of the tunnel, Dr. Dan Culver at Cleveland Clinic notes that for many others, "there's still an awful lot of tunnel left." For numerous people just like us, the vaccine doesn't provide a "quick fix". We know them. They are the friendly grocery store cashier, our grandchild's pre-school teacher, our newly unemployed next-door neighbor - struggling to make ends meet for the first time in their lives through no fault of their own. They now need that friendly expert who can help connect them with essential resources that every one of us depends on for good health: nutritious food, safe housing, essential medical care, economic opportunity, and most importantly, hope.

Well before COVID-19, Katrina Osborne had been serving as that friendly expert to the countless people she's met as director of Pearlana's Adult Activity Center, named in memory of her beloved grandmother whose compassionate heart and spirit inspired her to help other seniors enjoy life to its fullest. This desire to serve others drove her to rally a small team of Resource Advocates dedicated to helping people find solutions to change their lives.

When they learned about someone who'd fallen on hard times, they helped find affordable housing. When they learned that someone didn't have access

to nutritious food, they got them enrolled for food stamps. When they learned that an elderly client couldn't afford his property taxes, they not only helped him arrange for a payment plan, but also dug deep to find the root cause, engaging a pro bono attorney to unravel his reverse mortgage and arranging for reimbursement after he'd been overcharged for Medicare Part B.

"Time and again," Katrina shared, "the people we helped were so appreciative, they asked us to teach them so they could help others."

— Katrina Osborne,
Resource Empowerment Centre

Then COVID-19 hit, and Katrina's small team was inundated with requests from people who were suddenly unemployed and, for the first time, desperately needed help. She reincorporated as a new nonprofit, The Resource Empowerment Center, with the mission to Connect, Transform and Empower Communities, and reached out to Seniors in Service of Tampa Bay, a nonprofit well-known for engaging volunteers to serve our community's most vulnerable. Seniors in Service CEO Robin Ingles immediately saw the benefits, stating:

"Together, we are collaborating to mobilize an army of Resource Advocates - volunteers who are trained to help people navigate and receive the essential resources needed to get back on their feet."

— Robin Ingles, Seniors in Service

Imagine a woman. A devoted mother with a prestigious career.

A dedicated employee for over 15 years with the same Fortune-500 company. As a single mom, she finds joy in being a strong role-model to her 2 teenaged daughters. Her solid, middle-class upbringing continues to guide her, even years after her parents' passing. With over 6 months of living expenses saved for a rainy day, she's all set to take on the predictable challenges of everyday life. Until the coronavirus hits. Her company attributes massive layoffs to the global pandemic.

In an instant, she's lost her income, health insurance and professional identity.

Still, she's a woman of action. She overcomes absurd hurdles applying for unemployment, receives notification that benefits are approved yet never receives a dime. She repeatedly gets put on hold or disconnected when she calls to find out why. She seeks new employment while overseeing her daughters' digital learning. Her 6-months of savings quickly evaporates.

We know her. Her name is Annie.

When she reaches out to The Resource Empowerment Centre, Katrina finds her living in a hotel and on donated meals. "Annie never received any of the \$11,000 in unemployment checks that were reportedly mailed to her," Katrina explains, "I'd seen this before and knew what to do." Katrina also finds Annie and her daughters temporary safe housing, helps them apply for food and medical benefits, and connects Annie with opportunities for employment. Most importantly, she follows up to make sure that this time, the benefits are received. Back on her feet, Annie volunteers as a Resource Advocate so she can help others just like her.

Deep down we all know. This can happen to us. But maybe if we divert our eyes, it won't. After all, we've done everything right. Yet as baseball's Yogi Berra once said, "It's tough to make predictions, especially about the future." No, none of us are immune.

COVID-19 showed us how our own health is inextricably intertwined with the health of everyone else in our community.

After all, wearing masks was not just for our own personal safety but to protect others who may be more vulnerable. It's evident that others will still need our protection during the pandemic and beyond. It's up to each of us to help shape our new normal.

We are all Resource Advocates at heart.

Just an hour of time per month is all it takes to help someone find a way past unimaginable challenges, relying on the resourcefulness within each of us. Because nobody is immune.

BECOME A RESOURCE ADVOCATE!

WHAT: Seniors in Service of Tampa Bay

WHO: Caring adult volunteers are trained as Resource Advocates to help people access the resources they need to live healthy, productive lives.

REQUIREMENTS: Able to communicate by phone, email and/or video-calling platforms such as Zoom. Ability to read/write English. Spanish a plus! Subject to background check.

COMMITMENT: Flexible to meet your schedule. Just 1 or more hours per month.

For more information, visit <https://seniorsinservice.org/> or call Chris Noble at 813-492-8916

Visit us on Facebook <https://facebook.com/seniorsinservice>

For more information, visit www.seniorsinservice.org

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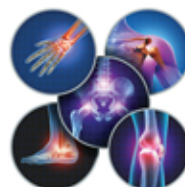
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Patient Who Had Multiple Heart Surgeries at St. Joseph's Children's Hospital as a Child Returns to Deliver Her Baby in a Very Special Way

Danielle Kern, age 24, underwent her first open-heart surgery at St. Joseph's Children's Hospital in Tampa when she was just a few hours old. Born with only one working ventricle (pumping chamber) rather than the two required for normal blood circulation, the surgery was a short-term solution to balance the amount of blood flow between her body and lungs until she could grow stronger.

In complex congenital heart defects like Danielle's, a staged reconstruction performed during three open-heart surgeries over several years is the patient's best chance for survival.

During the second surgery at 5 months, a vein from her heart was detached and redirected to the arteries leading to her lungs, rerouting blood to bypass the heart in preparation for the third surgery. At 19 months old, she underwent the final stage of the heart reconstruction, a solution that allows the blood without oxygen to flow directly to the lungs, bypassing the heart and increasing oxygen levels to near normal.

More than two decades later, Danielle put her trust in St. Joseph's again as she approached the delivery of her baby. Her search for a specialist who was familiar with her congenital heart defect and the unique challenges that might arise during childbirth as a result led her to Dr. Joel Hardin, adult congenital cardiologist at St. Joseph's Hospital.

"Complications can develop during any pregnancy, but when you have a mother like Danielle, whose heart does not function like a normal one, the strain on her heart during delivery is immense," said Dr. Hardin. "One of my main concerns was the potential for the development of fatal blood clots."

Because of her very complex heart defect, her scheduled delivery took place in St. Joseph's Hospital's



cardiovascular surgical suite instead of across the street in St. Joseph's Women's Hospital's Labor & Delivery unit.

On Jan. 5, 2021, a team of cardiologists, neonatologists, high-risk obstetricians, anesthesiologists, nurses and technicians were assembled, prepared for any cardiac issues that might arise because of the strain the delivery put on Danielle's heart.

"I was nervous about what might happen, but I knew if anything did go wrong that I had a team of specialists right outside the door who would do everything possible to save me and my baby," said Danielle.

She adds that another comfort was that the cardiothoracic surgeon who assisted with her the open-heart surgeries all those years ago, Dr. Victor Morell, is still a part of St. Joseph's Children's Hospital's cardiac team through its partnership with UPMC Children's Hospital of Pittsburgh, where he serves as chief of the division of pediatric cardiothoracic surgery.

Both mom and baby made it through the delivery with no issues. Dustin Leon Corbin II arrived at 8:31 a.m., weighing 6 pounds, 7 ounces. Danielle was overjoyed to learn that Dustin's heart is completely healthy. As for her, she will remain under

Dr. Hardin's cardiology care and is grateful to have found an adult cardiologist with the expertise to treat what was once considered only a childhood disease.

"Medical advances have made it possible for more individuals born with a congenital heart defect to survive into adulthood. In fact, adults with a congenital heart defect now outnumber children," Dr. Hardin said. "But it's important to remember that these individuals still require life-long cardiac care. Heart surgery in childhood did not cure the defect but only repaired it, and many will need additional treatment as they age."

Dr. Hardin is one of only approximately 500 physicians in the United States who are certified adult congenital cardiologists. St. Joseph's Hospital was the first in the region and second facility in Florida to earn accreditation from the Adult Congenital Heart Association in recognition of its expertise in serving adults with congenital heart disease.

St. Joseph's Children's Hospital is home to the Tampa Bay area's only comprehensive congenital heart disease program, and its pediatric heart physicians perform hundreds of cardiac procedures each year to treat congenital and acquired heart conditions in children of any age, including newborns. A partnership between St. Joseph's Children's Hospital and the Children's Hospital of Pittsburgh of UPMC provides families across Florida with unprecedented access to the highest level of pediatric heart care available. Together, they provide highly specialized cardiovascular care for patients ranging from babies in the womb to adults with congenital heart disease.

 **St. Joseph's**
Children's Hospital
BayCare Health System

Dermatologists Want You to Know The REAL Reason You NEED a Skin Cancer Screening

There are several different types of skin cancers ranging from mild and treatable to severe and lifethreatening. Melanoma is by far the most detrimental due to its rapid proliferation. 1 in 5 people will develop skin cancer, and this year alone in the United States, over 100,000 new cases of melanoma are expected to be diagnosed, and over 7,000 of those will result in death.

Due to patient education, many skin cancers are diagnosed early and, the earlier, the better as far as treatment and optimal outcomes. However, many people still put off or avoid dermatological screenings.






DON'T PUT OFF SKIN CANCER SCREENINGS. On average, skin cancer screenings only take about fifteen minutes. These few minutes of your time could potentially save your life.

For Patients, The Screening Is Easy And Straightforward

During the screening, your Dermatology Practitioner will carefully examine your skin from the scalp to the bottom of the feet for any abnormalities. If you notice a new lesion, mole, or any skin issue that looks different than it did before, do not put off a visit to your dermatologist's office. It's imperative to have screenings.

Along with the unfortunate diagnosis of skin cancer, including melanoma, many other skin disorders can be detected in your dermatologist's office with a thorough skin cancer screening and examination. A dermatologist can diagnose up to 3,000 different skin disorders. On a regular basis, you should have a screening at least once a year. Because some forms of skin cancer grow very rapidly, if you are experiencing any new lesions, bumps, or moles that are of concern, you should schedule a dermatology appointment immediately.

The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:

-  **A—Asymmetry**
-  **B—Border Irregularity**
-  **C—Color-Variiegated or a Halo Effect**
-  **D—Diameter (>6 mm)**
-  **E—Evolving**



In addition to the symptoms above, there are supplementary signs to look for, which include:

- A—Amelanotic (Pink or Red Lesion)
- B—Bleeding/Bump (Raised Lesion)
- C—Color Uniformity
- D—De Novo Development
(A New Development <6mm)

What You Can Do To Protect Your Skin

- Avoid the sun between 10:00 am and 3:00 pm
- Wear sun protective clothing (hats, long sleeves)
- Apply broad-spectrum SPF of 30* or higher every two hours (reapply immediately after swimming or sweating)
- Avoid sitting by windows that allow in UV light (wear SPF at all times)
- Get regular skin cancer screenings and exams

**ForCare Dermatologists recommend a broad-spectrum SPF of 30 with zinc as the active ingredient. This protects against UVB and UVA*

UV Rays

The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due in

large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. But just because it's darker, cloudier and cooler, that doesn't mean it's any safer.

UV radiation has multiple levels; for example, UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays. UVA rays play a huge role in causing skin damage and aging. The wavelengths of UVA rays are long and are therefore less harmful than UVB rays. UVB rays are extremely damaging to the skin and eyes and can cause cancer. UVB rays are shorter wavelengths and consequently can even penetrate through glass, so while driving in a car, or sitting by a window at work, the UVB radiation can harm you. It's best to always protect yourself by wearing sun-screen and protective clothing.

Be Proactive About Protecting Your Skin

Because early detection is the key to successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Proactive prevention through sun protection and early diagnosis continue to be the smartest strategies.

ForCare Medical Practice in Tampa, FL

ForCare medical practice is dedicated to improving the health of Tampa, FL and surrounding areas. With advanced treatment options and passionate providers. They have a comprehensive practice that includes, dermatology, rheumatology, primary care and a clinical trials division.

Let the ForCare team help you take charge of your health for both preventative and proactive medical care.

To schedule your appointment, please call ForCare today at (813) 733-7523.



15416 North Florida Ave
Tampa, FL 33613

New Treatments For Knee Arthritis Now Available

By: Regenxx Tampa Bay, Non-Surgical Orthopedic Specialists

Knee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy (which increases the likelihood of a knee replacement down the line), and knee replacement surgery. But new advancements in precise image-guide injections using bone marrow concentrate containing your own stem cells offer hope, healing, and pain relief for arthritis of the knee.

Symptoms and Treatments: How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee especially after activity.
- Unstable knee. Over time, ligaments can weaken and result in instability in your knee. This can cause a buckling sensation when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Other treatments such as: Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term (and sometimes even in the short-term) and do not improve long-term pain. More serious medical approaches often graduate to:



- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

Are Corticosteroid injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from The Bone and Joint Journal, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

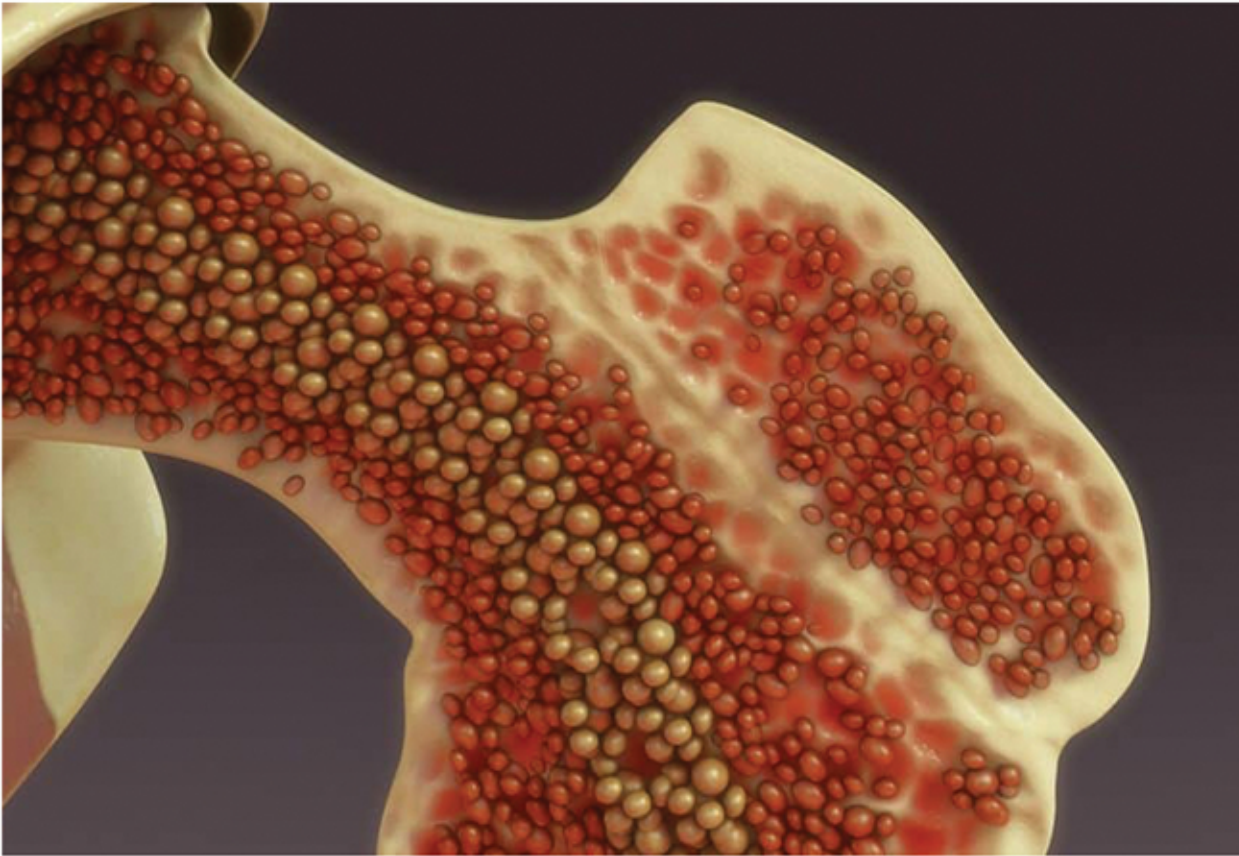
While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements can wear out and may need to be replaced, which is an even bigger operation than the first
- There have been many “mechanical problems” and manufacturer recalls related to artificial joints
- May entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation or death in more serious cases.
- More than one-third of patients who have a knee replacement still have some knee pain.
- Range of motion in the knee after the surgery is often reduced.
- Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through various skilled orthobiologic procedures utilizing the person's own bone marrow concentrate, platelet rich plasma, and/or microfragmented adipose/fat tissue.



Bone Marrow Concentrate (BMAC) and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and your bone marrow concentrate, where your body's stem cells are found in highest concentration, is processed in a specialized lab.

Then, your BMAC and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more cells to the injured, degenerated, and inflamed joint than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a 2-3 months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." The efficacy of "stem cell" procedures for knee arthritis and chronic knee pain means many companies have rushed to market with various health claims and procedures. Alas, many (if not most) of what you'll find on the market — such as the use of exosomes or umbilical cord "stem cells" — isn't backed by real research and in fact, is illegal to use.

When choosing a regenerative treatment for knee arthritis, it's critical that you look for a procedure

that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective treatment for knee arthritis is from your bone marrow concentrate (BMAC) injected into the joint and sometimes into the bone.

In one study, BMAC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMC injections into the bone (near the joint line) also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. These advancements in regenerative medicine and technology mean our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements in regenerative medicine to naturally and effectively target your knee health concerns.



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician

to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



RegenTampaBay.com

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813-531-9229



Dr. Sunil Panchal

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

Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of 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 Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

At 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).

VIRTUAL VISITS AVAILABLE!

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

The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org

An Interview with The CBD Healthcare Company

In your organization what are you seeing consumers lean on the heaviest right now for CBD: Sleep? Pain relief? Other? And in what form, tinctures or gummies or topicals?

A: Since its' legalization in 2018 the predominant form of CBD that we had seen has been tincture and gummy oriented with numerous claims and a wide range of product quality. Distribution varies from head shops and gas stations to grocery stores, doctors' offices and spas.

We also see increasing education and the realization that CBD is effective in managing inflammation due to cellular trauma or chronic disease. Professionals are begging to see that the better way to address skeletal-muscular and skin care is to provide high quality Broad or Full Spectrum CBD in a product that delivers to the CB receptors in the target area for treatment/care. This bodes well for a company like CBD Healthcare with our 15 year history in massage, chiropractic, and sports focusing on professional grade CBD topicals to enhance activation, recovery/regeneration, and rehabilitation/rebuilding.

Q: After the surge of CBD popularity in 2019-20, what does 2021 hold in your opinion?

A: Increasing education, advent of state and federal mandated legislation, and more widespread adoption for specific applications and protocols. There is still apprehension in the professional sports and medical communities, inhibiting the recognition and adoption of CBD products. Retail sales should continue its acceleration as these sectors begin to see increased adoption with more education and training.

Q: What is your take on state-mandated or federally mandated hemp/CBD legislation in the coming months in the U.S.?

A: We welcome more regulation to improve the quality of products and the reliability of companies in the market. Various studies show that 70% or more of the products in the market do not contain the level of CBD listed on the label, and in too many cases contain none at all. Such regulations will eliminate many bad actors in the market and make the benefits of CBD more obvious. CBD Healthcare Company is known as the "source you can trust" for professional grade topical and exceeds the requirements in both state and federal guidelines we have seen proposed.

Q: What are you seeing in regard to CBD integrated into other treatments in professional and personal health care?

A: In addition to the traditional use of CBD topicals for relieving chronic conditions like arthritis and joint inflammation, increased education is resulting in competitive athletes adopting CBD topicals for: pre-workout/event to Activate the muscles and joints prior to an athletic event, and post-workout to accelerate Recovery/Regeneration and reduce down time due to injuries. As athletes and fitness enthusiasts incorporate warm up and activation plans into their daily routines to maximize their performance and decrease their injury potential, topicals are now part of the

process. Topicals are applied to areas of the body that are sore or tight 15 minutes before they start their warmup mobility, flexibility and light strengthen exercises to prepare the body for competition.

The daily plan is not just for preparation, it also includes recovery/regeneration after their competition or event. Athletes and Fitness enthusiasts understand the benefits of cooldown protocols after they have pushed their bodies to the limits. Applying a topical as part of your post-game stretch or massage routine will help decrease the inflammation and increase circulation to bring new nutrients to the area to aid repair and regenerate new muscle tissue, while getting the hard- worked muscles that have shortened back to normal length.

A: We also expect the increasing momentum for adoption to continue as professionals pivot to high quality topicals and treatment protocols that are complimented with CBD in massage, chiropractor, physical therapy, and personal / athlete therapeutic protocols to enhance wellness, performance, reduce injury and improve / accelerate recovery. Whether at home or in concert with their treatments, we see protocols like soft tissue manual manipulation/massage, IASTM, Cupping Therapy, Active Release Technique, ... leading in the way of protocols utilizing CBD topicals.

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.



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for Facial Protocols and Therapeutic Treatments

- Protocol-Based CBD Treatments
- High CBD Concentration
- To enhance the results of your facial and beauty treatments

CBDHealthcareCompany.com

Brought to you by a management team with 30 years of experience in the spa and wellness industries, we believe in offering you potent levels of CBD at a value that allows you to treat patients economically. We are proud to offer you a complete product line that utilizes the purest CBD extraction methods combined with herbal formulations that ensure effective skin penetration.

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Do You Suffer From Migraines?

Consider Participating in a Local **Clinical Trial**

Clinical trials help pave the way for new medical treatments. Migraines can be debilitating and for those that are trying to live through the pain, there is a Migraine clinical trial right here in Tampa. ForCare Clinical Research is looking for adults diagnosed with migraine to take part in a research study evaluating an investigational drug to treat migraine. Study-related care may be provided to participants at no cost.

If you suffer from migraines, you're not alone. Nine out of ten adults in the U.S. suffer from severe headaches, and women are three times more likely than men to develop migraines. Painful headaches can affect individuals occasionally, frequently, or daily. While some are sharp and piercing, others may be dull and throbbing, but most migraines cause severe pain and nausea. What do you do when you suffer from a pounding headache? Usually, NSAIDs like ibuprofen are ineffective at reducing pain, and they certainly don't address nausea and vomiting that are so commonly associated with migraines. If you have four or more migraine headaches per month, you are at risk for developing chronic migraines.

Several conditions and dietary influences exacerbate migraines. These include:

- Allergies
- Bright lights
- Bulged discs
- Cheese
- Chocolate
- Preservatives
- Hormonal imbalance
- Hypermobility syndrome (joint disorder, usually genetic)
- Neck arthritis
- Red Wine
- Sleep deprivation
- Stress
- Strong odors
- Tight neck and shoulder muscles
- Weather conditions (barometric pressure)



If you suffer from frequent headaches, it's best to avoid the triggers that cause your specific migraines. Some individuals experience prodrome, which can precede migraine episodes. Some of the prodrome symptoms are fatigue, mood swings, food cravings and environmental stimuli to lighting and odors.

In order for new treatments to become available, clinical trials play a critical role in this process. ForCare Medical Practice has their own Clinical Trials Department and offers trial opportunities to the local area for multiple conditions.

ForCare Clinical Research (FCR), an independent, multi-specialty clinical research facility, is located in Tampa, Florida. Since its inception in 2012, FCR has focused on providing access to novel treatment and therapies for both chronic and acute conditions. Our Investigators have over 40 years of combined research experience and a proven record of successful execution of Phase I through Phase IV industry-led trials. Our Investigators are board certified in dermatology, rheumatology, internal

medicine, family practice, anatomic pathology, dermatopathology, neurology and internal medicine. ForCare Clinical Research routinely exceeds enrollment expectations, preserves subject retention, reduces trial timelines and delivers reproducible, quality data.

ForCare Medical Practice in Tampa, FL

ForCare medical practice is dedicated to improving the health of Tampa, FL and surrounding areas. With advanced treatment options and passionate providers. They have a comprehensive practice that includes, dermatology, rheumatology, primary care and a clinical trials division.

To learn more about clinical trials, please call
ForCare Clinical Research today at
(813) 264-2155.

 **FORCARE**
MEDICAL CENTER

15416 North Florida Ave
Tampa, FL 33613

Hurricane Preparedness:

Aston Gardens At Tampa Bay Has Their Residents Covered

We've been forewarned that this year's storm season is going to be much more active than last years. We can hope and cross our fingers that our coast won't get hit, but it's essential to make plans for hurricane season. It's important to have a plan.

- Lists of medication or prepacked bags of extra's (enough for two weeks)
- List of shelters
- Extra COVID-19 PPE (masks, sanitizer, etc.)
- Extra water (two-week's worth)
- Evacuation routes
- Organizing hurricane shutters or buying boards
- Trimming back trees and limbs
- Flashlights and batteries
- Tying down outdoor furniture, garbage cans, umbrellas, etc.
- Pet food, beds, medications and a list of shelters that take pets
- List of friends and neighbors phone numbers
- Homeowners Insurance paperwork
- Medical insurance
- Non-perishable foods
- Keep gas in your vehicle for evacuation purposes
- Sandbags

If you live at an Independent Living Facility like Aston Gardens At Tampa Bay, the hurricane preparation list is taken care of for you. One of the things individuals and couples love most about independent living is no yardwork or hurricane preparations in seasons like this. Aston Gardens is of course always fully stocked on emergency supplies, water, and food for their residents as well.

Aston Gardens

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



Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best

attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

Aston Gardens At Tampa Bay is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-343-4673 today or visit astongardens.com.



By Discovery Senior Living

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'*" Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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