

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

June 2021

Pasco/North Tampa/New Tampa Edition - Monthly

www.healthandwellnessFL.com

FREE  

Vitiligo Awareness Month

See Page 7

Bladeless Skin Cancer Treatment for Non-Melanoma Skin Cancers

See Page 12

Alzheimer's & Dementia A GROWING EPIDEMIC

See Page 14

Hyperbaric Oxygen Therapy

CAN IT BOOST
THE IMMUNE
SYSTEM?

See Page 16

Summer Lovin' Want to Get Your Groove Back?

See Page 19





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.

CURRENTLY ENROLLING TRIALS:

- Migraine (Adult and Pediatric)
- Type 2 Diabetes
- Eczema/Atopic Dermatitis
- Alopecia
- Vitiligo
- Gout
- Hidradenitis Suppurativa (painful bumps/boils)
- Lupus
- Urticaria
- NASH (fatty liver)
- Psoriatic Arthritis
- Basal cell carcinoma
- Squamous cell carcinoma

QUALIFIED PARTICIPANTS MAY:

- See a board-certified physician at no cost
- Have access to possible new medications
- Receive compensation for time and travel

Contact us for more information!



FORCAREMED.COM



813.264.2155



FORCARE
CLINICAL RESEARCH

Health care when and where you need it.

BayCareAnywhere® makes it easy for you to talk to a doctor at any time, on your schedule. You can access a provider from your smartphone, tablet or computer, or at one of our convenient Walk-In Care kiosks located at select Publix locations throughout Tampa Bay. Get started by setting up a free BayCareAnywhere account. There are two ways to use BayCareAnywhere:



BayCareAnywhere at Home or On the Go

Get 24/7 access to a live doctor so that you can get on the fast track to getting better. All you need is a smartphone, tablet or a computer with a webcam.



BayCareAnywhere at Publix

With Walk-In Care, you can visit the grocery store, the pharmacy and the doctor all in one convenient place.



Save Time

Set up your BayCareAnywhere account today so you're ready when any minor illness or health issue strikes.

Sign up today: ChooseBayCareAnywhere.org





We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

Accepting New Residents | Call Today!



813.381.5105
AstonGardens.com

12951 W. Linebaugh Avenue, Tampa, FL 33626
Active Independent Living | Assisted Living | SHINE™ Memory Care



813.502.1146
DiscoveryVillages.com

11330 Countryway Boulevard, Tampa, FL 33626
Assisted Living | SHINE™ Memory Care

Prices, plans and programs are subject to change or withdrawal without notice. Owned and operated by Discovery Senior Living. Void where prohibited by law. Assisted Living Facility License Numbers: #13328 & #10546. ©2020, Discovery Senior Living, DVW-0047 3/20



Contents **JUNE 2021**

- 6 BayCare Offers Affordable and Safe Ways to Receive Immediate Care
- 7 Vitiligo Awareness Month
- 8 Quantum Technology: Innovative Treatment for Peripheral Neuropathy
- 10 Knee Pain Treatments: New FDA-Compliant Bone Marrow Concentrate Procedure Advancements, Containing Stem Cells, Bring Hope and Relief For Knee Arthritis
- 12 Bladeless Skin Cancer Treatment for Non-Melanoma Skin Cancers
- 13 Painful Nerve Damage: How One Patient's Story Helps Another Find Relief
- 14 Alzheimer's & Dementia: A Growing Epidemic
- 15 Lives Upended by the Pandemic. Nobody is Immune.
- 16 Hyperbaric Oxygen Therapy: Can it Boost the Immune System?
- 18 Picking the Right Provider: Why Not All Hospice Organizations Are the Same
- 19 Summer Lovin' - Want to Get Your Groove Back?
- 20 3 Myths About Melatonin, Debunked
- 21 Nobody Wants to Hear it, but We Will Say it Anyways
- 22 Spiritual Wellness: When You Are At Your Wits End

CONTACT US

OWNER / ACCOUNT EXECUTIVE

TAMPA/PASCO - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

Tampa Bay's Health & Wellness Magazine can be found in over 1,000 Tampa/Pasco area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Tampa Bay Health & Wellness Magazine in most grocery and convenience stores as well.

**To get your article published and for ad rates, call
Tampa/Pasco 727.515.2353**

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



FORCARE

(813) 553-5992

MEDICAL CENTER

MEDICAL & COSMETIC DERMATOLOGY SOLUTIONS YOU CAN TRUST



TREATING CHILDREN
& ADULTS

- Medical & Cosmetic Dermatology
- Mohs Surgery
- Skin Cancer
- Psoriasis
- Eczema
- Vitiligo
- Acne
- Aesthetic procedures
- Aura Med Spa

(813) 553-5992 | 15416 North Florida Ave, Tampa, FL 33613 | ForCareMed.com

PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Connie Moler, APRN

SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

**NOW OFFERING GENETIC
TESTING FOR MEN**

*INSPIRING WOMEN TO LIVE
THEIR BEST LIFE BY PROVIDING
COMPASSIONATE CARE.*

Call or email to set up your consultation today!

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

ADVANCED AND INDIVIDUALIZED CARE

BayCare Offers Affordable and Safe Ways to Receive Immediate Care

BayCare, a leading health system in West Central Florida, uses innovative technology to provide safe and convenient access to different care options and services for patients and their families.

BayCare's innovative technology, telehealth services and multiple convenient locations provide access to the right care at the right place for the right price to our patients and the community.

BayCareAnywhere®

BayCareAnywhere is a 24/7 non-emergency telemedicine service offering virtual visits through a smartphone, tablet or computer. This mobile app, which costs \$59 per visit, uses secure, interactive video and audio communications to help patients connect to a medical health-care provider live and in real-time from home, work or traveling.

Walk-In Care Provided by BayCare

Patients can also see a doctor at more than 30 Walk-In Care Provided by BayCare locations at select Publix Pharmacies throughout Tampa Bay. Walk-In Care features a private room where shoppers can receive non-urgent medical care through teleconferencing and medical diagnostic equipment. The kiosk allows patients to easily enter their symptoms through a touchscreen and work with medical tools such as thermometers, dermatoscopes, pulse oximeter, blood pressure cuffs and high-definition cameras to help doctors make an accurate diagnosis.

BayCare Urgent Care

BayCare provides 19 urgent care locations throughout the Tampa Bay area, offering quick, high quality health care for adults and children ages two and older. BayCare Urgent Care treats medical conditions without prior appointment including minor illnesses and injuries, flu and colds, sprains and strains, minor cuts, stings and burns. The clinic provides a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. To enhance patient experience, BayCare Urgent Care allows visitors to hold their place in line using Save Your Spot®.



BayCare Emergency Departments

BayCare provides patients with 13 state-of-the-art emergency departments that offer a broad range of services for quick and effective care for serious injuries and illnesses. Emergency departments are staffed with board-certified emergency physicians, nurse practitioners, physician's assistants, nurses, paramedics and patient care technicians. Emergency departments are open 24 hours a day, 7 seven days a week.



For more information,
visit [BayCareGetCareNow.org](https://www.BayCareGetCareNow.org).

Vitiligo Awareness Month

Vitiligo can be psychologically devastating to individuals dealing with the loss of skin pigmentation. It is more commonly recognized with a growing understanding due to public awareness education and through the efforts of the vitiligo spokesperson and supermodel, Winnie Harlow, who has the disorder.

Vitiligo is a skin condition that can affect the skin, eyes, inner ears, mucous membranes, and hair. White patches appear due to loss of skin pigmentation. Melanocytes (pigment-producing cells) are attacked and destroyed, leaving the area unable to produce pigment. Although the cause is relatively unknown, one-third of those affected have genetic dispositions to the disorder. It usually starts to show on the hands, face, or feet and is often progressive in nature. Any race, skin color, or ethnicity can develop vitiligo, but often it is initially diagnosed in younger people and is more noticeable on darker skin tones.

While there are treatment options available, Forcare Clinical Research is paving the way for newly developed treatments with an advanced clinical trial.

A research study underway in Tampa is looking for adults with vitiligo to test an investigational medication. There is no cost to participate.



Compensation may be provided.

Vitiligo Clinical Research

ForCare Clinical Research is seeking participants in the Tampa area. Vitiligo can have a serious impact on a person's life, especially when nothing seems to help. ForCare's research study is now underway in Tampa seeking participants. Study-related care will be provided to participants at no cost. Reimbursement for time and travel may be provided. Participants will receive study-related care and investigational treatment at no cost.



Seth Forman, M.D. is The Lead Physician Overseeing ForCare Clinical Research

Dr. Seth B. Forman, award-winning Dermatologist, is owner of the ForCare Medical Group and has provided patient care for 12 years. He is Board Certified in Dermatology and Dermatopathology.

Dr. Forman graduated from the Medical College of Virginia in Richmond and completed his residency in a training program dedicated to dermatology and skin care at the Medical College of Virginia. He served as Chief Resident during his final year of training. Following that, he completed an advanced fellowship in dermatopathology at the Geisinger Medical Center in Danville, PA. Additional fellowships include the Radiation Oncology Summer Fellow at The Medical College of Virginia and the Microsoft Interactive Fellow at the University of Southern California.

Dr. Forman's research has led to his writing numerous peer-reviewed articles about various dermatological issues printed in select publications. Additionally, he is the primary author of two chapters in Comprehensive Dermatologic Drug Therapy, the leading reference textbook for dermatological therapeutics.

Dr. Forman is the winner of the AAMC/Pfizer Caring for Community Grant, American Cancer Society Community Service Grant and Mellette Cancer Scholarship. He is a member of the American Academy of Dermatology, Hillsborough County Medical Association and The American Medical Association.

A much sought-after speaker, Dr. Forman is a Regional Board Member for the American Cancer Society, Board Chair of Hillel Academy and has served as Board Member of The Liaison Committee for Medical Education (LCME), The Medical College of Virginia.

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 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.



15416 North Florida Ave
Tampa, FL 33613



Quantum Technology: Innovative Treatment for Peripheral Neuropathy

BY DR. ROBERT LUPO, D.C.

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

Causes of Neuropathy

- Diabetes
- Chemotherapy
- Injuries
- Autoimmune diseases
- Compressed spinal vertebrae
- Alcoholism
- Cholesterol medication side effects
- Build-up of toxins
- Vascular disease

Traditional Treatments Don't Get to The Root Cause

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

Quantum Technology

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

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

RST Sanexas: Is NOT a TENS unit device

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



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

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

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

How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and sub-atomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.

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

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

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

Dr. Robert Lupo, D.C.

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

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

Source: <https://www.rstsanexas.com/science>

physical  medicine
center
where wellness and beauty meet

Physical Medicine Center, Inc.

14522 University Point Place
North Tampa, Florida 33613

813-978-0020



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

GAINSWave™

SERVICES:

- **GAINSWave Therapy**
- **Hair Loss Treatment**
- **Platelet Rich Plasma (PRP) Therapy**
- **Intravenous Nutritional Therapy**
- **Zerona Fat Loss Laser Therapy**
- **Venus Freeze Firm Skin Therapy**
- **Auto Injuries**
- **Spinal Decompression Therapy**
- **ALCAT Food Allergy Testing**
- **Trigger Point Injections**
- **Massage Therapy**
- **Headaches/Migraines**
- **Chiropractic Care**
- **Hormone Replacement Therapy**



**FREE Initial
GainsWave™
Treatment
if You
Qualify!**

**CALL TODAY TO SCHEDULE YOUR
CONSULTATION WITH DR. ROBERT LUPO
AND GET YOUR SEX LIFE BACK.**

813-978-0020

physical  medicine
center

where wellness and beauty meet

DR. ROBERT LUPO, D.C.

www.mybackinplace.com

14522 University Point Place, North Tampa, Florida 33613

Knee Pain Treatments:

New FDA-Compliant Bone Marrow Concentrate Procedure Advancements, Containing Stem Cells, Bring Hope and Relief For Knee Arthritis

By Regenexx Tampa Bay, Regenerative Medicine

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, and knee replacement surgery. But new advancements in bone marrow derived stem cell therapy (that comes from the patient, not someone else) 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 or knees, with swelling being more prominent after activity.
- Unstable knee. Over time, if left untreated, knee arthritis can create weakness and instability in your knee. This can cause your knee to lock up, freeze up, or even buckle 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
- 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 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 wear out and most will 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
- The surgery itself can cause damage to your joints and bones and 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 in more serious cases.
- More than one-third of patients who have a knee replacement still have knee pain.
- Range of motion in the knee after the surgery is usually reduced significantly.

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 orthobiologic injection procedures using: bone marrow concentrate, containing one's own stem cells, platelet-rich-plasma (PRP), and/or microfragmented adipose/fat.



Bone Marrow Concentrate 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 processed by a specialized lab.

Then, the layers containing concentrated stem cells 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 healing cells to the injured, degenerated, weakened, and inflamed joint tissue than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a couple of months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." Many companies have rushed in with various false health claims about "stem cell" 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 an orthobiologic procedure 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 orthobiologic procedures for knee arthritis are platelet-rich-plasma for mild to moderate arthritis and bone marrow concentrate (BMAC), containing one's own stem cells, injected into the joint and other weakened, painful, or inflamed tissue.

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 BMAC injections into the bone also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. The advancements in this technology mean that 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. Regenexx tracks all willing patients in the world's largest database registry evaluating outcomes and safety, and has done the hard work of publishing results from this registry and from clinical trials year after year. With consistent laboratory and clinical procedural skill advancements, Regenexx is the clear leader at the forefront of this blossoming field.

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 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.



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

813-296-2614

Sarasota

2401 University Pkwy, Suite 104
Sarasota, FL 34243

Tampa

8600 Hidden River Pkwy, Suite 700
Tampa, FL 33637

St. Petersburg

100 2nd Ave S, Suite 904S
St. Petersburg, FL 33701

Bladeless Skin Cancer Treatment for Non-Melanoma Skin Cancers

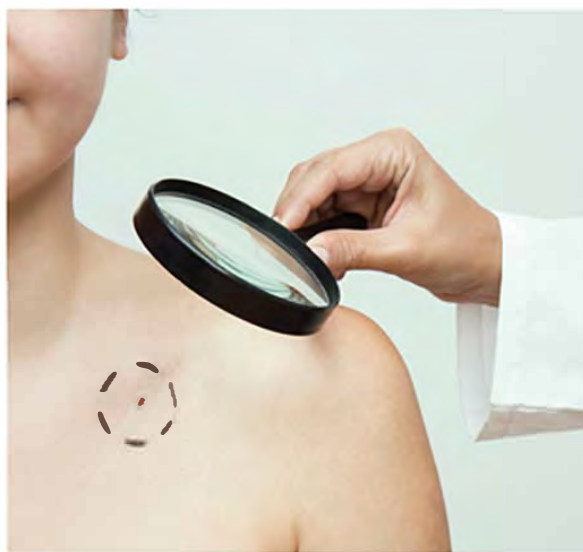
Did you know that skin cancer is the most common type of all cancers? Most skin cancers are non-melanomas. These are malignant but unlikely to spread if treated early. If they are treated early on, they also tend to be more surface-related and not too deep into the dermal layers. Melanomas, on the other hand, are often disfiguring and very dangerous. Malignant melanomas tend to proliferate, penetrate, and spread into other areas of the body more rapidly. Malignant Melanomas require Mohs Surgery.

Basal cell and Squamous cell carcinoma are both common non-melanoma skin cancers. These types of cancer can be treated with non-invasive Electron Beam Therapy.

Non-Surgical Electron Beam Therapy

Electron beam offers patients an effective treatment without surgery. A small electron beam pinpoints the area precisely and destroys the cancer cells on contact. It is well controlled and does not penetrate the tissues too deeply, which preserves healthy tissue. While it is highly effective, it requires several rounds of treatment to ensure the cancer cells are completely eradicated and not impeding any tissue margins. Electron beam therapy offers dermatologists a precise mechanism for non-melanoma cancers and is an excellent option for sensitive areas such as the ears, lips, nose, and near the eyes. Electron beam therapy disrupts the cancer cells and reduces their likelihood of reproducing. Not all dermatologists offer this innovative procedure. ForCare Medical Group is on the leading edge of advanced procedures and treatment options. They are one of the only offices that provide Electron Beam Therapy here locally.

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.



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



Seth B. Forman, M.D.

Dr. Seth B. Forman, award-winning Dermatologist, is owner of the ForCare Medical Group and has provided patient care for 12 years. He is Board Certified in Dermatology and Dermatopathology.

Dr. Forman graduated from the Medical College of Virginia in Richmond and completed his residency in a training program dedicated to dermatology and skin care at the Medical College of Virginia. He served as Chief Resident during his final year of training. Following that, he completed an advanced fellowship in dermatopathology at the Geisinger Medical Center in Danville, PA. Additional fellowships include the Radiation Oncology Summer Fellow at The Medical College of Virginia and the Microsoft Interactive Fellow at the University of Southern California.

Dr. Forman's research has led to his writing numerous peer-reviewed articles about various dermatological issues printed in select publications. Additionally, he is the primary author of two chapters in Comprehensive Dermatologic Drug Therapy, the leading reference textbook for dermatological therapeutics.

Dr. Forman is the winner of the AAMC/Pfizer Caring for Community Grant, American Cancer Society Community Service Grant and Mellette Cancer Scholarship. He is a member of the American Academy of Dermatology, Hillsborough County Medical Association and The American Medical Association.

A much sought-after speaker, Dr. Forman is a Regional Board Member for the American Cancer Society, Board Chair of Hillel Academy and has served as Board Member of The Liaison Committee for Medical Education (LCME), The Medical College of Virginia.

PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

Treating Shoulder Pain Successfully with Radiofrequency

Paula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

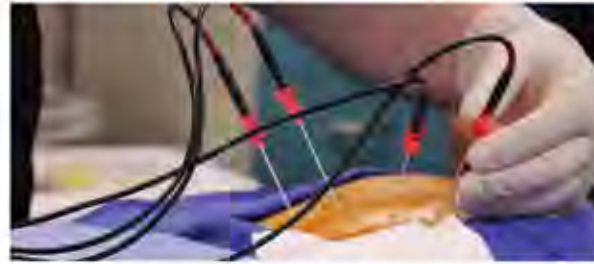
When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.

Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from nerve back pain.

Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



Dr. Sunil Panchal

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of 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 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

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org

Alzheimer's & Dementia: A Growing Epidemic

It may seem unbelievable that the statistics for Alzheimer's and Dementia are skyrocketing to upwards of 6 million in the US, and that number is expected to triple by 2050. Have you or a loved one already been diagnosed with this devastating disease?

Forgetfulness, agitation and frustration, social withdrawal, difficulty with daily tasks, these are all symptoms of Dementia. Every 66 seconds someone develops Dementia in the U.S. Experts estimate that the number will be close to 15 million people by mid-century.

With Dementia, there are several different types, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke or mini-stroke(s). Vascular dementia injures the brain in the area that controls memory, problem solving and speech. This type of dementia progresses at a slower pace, but with nonetheless frustration and self-consciousness for its sufferers.

Warning Indicators

The signs and symptoms of dementia are different for every patient, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Changes in personality
- Agitation and Frustration
- Difficulty with daily tasks
- Social withdrawal
- Aphasia (speech disorders)
- Sundowning/Sleeplessness/Restlessness, especially in the evening

Treatment

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. There are lifestyle choices that can help patients stave off the progression. These include:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors



Alzheimer's and Dementia Preventative Measures Eating a nutritious diet, such as the Mediterranean or Dash diet provides essential nutrients for the brain's health. There have also been many studies on high doses of vitamin C and antioxidant therapy that help to protect cognition.

Staying social is also an impactful method to keeping your brain active. Along with socialization, staying physically active is imperative to keeping your oxygen-rich blood pumping and for warding off Alzheimer's and dementia.

Aston Gardens offers a memory care facility on their Tampa Bay Campus.

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

AL#10546, 9439, 10175, 10612, 10316



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 Pearlena'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

Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

Hyperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

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

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹ A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.²

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees, and off-label use is always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

Patient Testimonials

"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."—Rachel W.

"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"—Thomas P.

"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGia."—Tyler Z.

"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."—The Payne Family

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis," UCLA, aamhei.com/wp-content/uploads/biblografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com



**THE RESOURCE
EMPOWERMENT CENTRE**
CONNECTING, TRANSFORMING, & EMPOWERING COMMUNITIES! ♥



NATIONAL INSTITUTE OF SPINE & PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain



ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

Whatever the source of your pain, you can benefit from visiting the Pain Management Center

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

Tampa Bay's Health & Wellness Magazine



On the Web

HealthandWellnessFL.com



On Facebook

[facebook.com](https://www.facebook.com/HealthandWellnessFL)



On Twitter

[twitter.com](https://twitter.com/HealthandWellnessFL)



In Your Inbox

Receive our monthly newsletter. Sign up online



Providing information  that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.



www.hyperbariccentersofflorida.com

Hyperbaric Centers of Florida

Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Call Today for More Information! 813-788-3969

Picking the Right Provider: Why Not All Hospice Organizations Are the Same

Hospice is hospice, right? Not exactly. A common misconception about hospice care is that all hospice organizations are the same, but this is far from the truth. Hospice is a philosophy of care that focuses on pain management, symptom control and comfort at the end of life. But, almost every provider is different, and can even offer different services and additional patient programs.

The hospice that took care of your Aunt Susy in Ohio is a different hospice than the one visiting your neighbor across the street. While some hospices belong to a corporate national chain, most are local community hospices that focus on the community in one particular area or county.

Not all hospices are not-for-profit organizations. According to the National Hospice and Palliative Care Organization, less than one-third of all hospices are actually non-profit organizations. Non-profit hospices are able to fundraise and use donations to cover the cost of care for patients who do not have insurance, Medicare or Medicaid, ensuring that everyone who needs care, gets it.

In Pasco County, patients have a choice.

In Florida, hospices can only care for patients in the county for which they are licensed. This means that in many counties, patients have very few or even one choice for which hospice they will use for care. Pasco County is one of the counties in which patients make the decision of which hospice provider to use. Because Pasco County residents have that option, it's important to know how to make that educated decision.

If you feel you may be faced with that decision at some point, whether for yourself or a loved one, it's important to gather all the information ahead of time so that when the time comes, you can easily voice your preference to ensure you receive the care and services you want.

Questions to ask when considering a hospice provider:

- Is it a non-profit organization?
- Are they local and in my area?
- What kind of accreditations have they earned?
- What kind of additional programs do they offer for me and my loved ones?

Gulfside Hospice – Offering Unique Programs To Go Above & Beyond

Every day, more than 450 Pasco County residents receive hospice care from the team at Gulfside Hospice. They emphasize that hospice care is about more than just the patient – it's about the whole family. With an interdisciplinary approach to care and an array of services and programs, Gulfside Hospice is able to help patients and families live their lives to the fullest.

Because Gulfside is a non-profit organization, they are able to receive special funding and grants that allow the team to offer special programs and services for patients. Three of Gulfside's programs that make a big impact on patients, families and the community are the We Honor Veterans program, the Pet Peace of Mind program, and Comfort Connections dementia program.

We Honor Veterans

Gulfside is a Level Four partner of the We Honor Veterans program, which is partners with the VA to provide specialized care to patients who are veterans. Currently one out of four hospice patients is a veteran. These patients and their families have very special needs, especially at the end of life. All staff members at Gulfside are trained to care for their unique needs, and they place a special emphasis on pairing veteran patients with veteran volunteers who can better understand their situation.

Pet Peace of Mind

Pets are family. Many times patients come onto hospice care and one of their biggest concerns is what will happen to their pet. The Pet Peace of Mind program at Gulfside helps make sure the pet is cared for with food, supplies and basic veterinary and grooming needs. When the time comes, the team will also work to find a forever home for the pet if needed.

Comfort Connections

The goal of this program is to provide enhanced care to those living with dementia, Alzheimer's Disease, and similar disorders at the end of life. The program offers extra support and resources for caregivers, engagement and socialization projects for patients, education on the disease progress for caregivers, and support groups for the community.



Gulfside Hospice – Providing Quality Care for 30 Years

In addition to these unique programs, Gulfside also provides quality care for the patients based on their individualized plan of care. This includes regular visits from physicians, nurses and CNA's, the ability to contact the nursing team 24/7, coordination of medical supplies, medication and equipment, spiritual care from chaplains, and so much more.

Gulfside is the only not-for-profit hospice that serves Pasco County exclusively, and was the first hospice in Pasco to receive The Joint Commission's Seal of Approval Accreditation. To learn more about how Gulfside can help you and your family, call (800) 561-4883 to speak with one of the organization's experts. For more information, visit Gulfside.org.



Summer Lovin' Want to Get Your Groove Back?

By Parveen Vahora, M.D.



The warm days of summer are here. Long strolls on the beach, relaxing poolside, and hot steamy nights might seem enticing when it comes to being intimate with your partner, but if you are like many women, you might be feeling a little “off” this season.

Many things can lead to a drop in confidence in the bedroom, such as hormonal shifts, weight gain, and VVA. What is VVA? Vulvovaginal atrophy is a common condition that causes vaginal dryness, pain, burning and irritation.

VVA

When the regularity of a woman’s menstrual cycle ceases, the estrogen receptors decrease along with estradiol in the uterine lining, disrupting the thickness and lubrication of the tissues. Why is this significant? Estrogen increases gland secretion and blood flow to the urogenital tissues, so when our estrogen is limited or obsolete, it leads to vaginal dryness, pain, PH imbalance, and urinary changes such as overactive bladder and incontinence.

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders, interfere with daily activities, and completely disrupt your life due to the extreme pain and discomfort that it can cause.

Dr. Parveen Vahora explained, “There are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that is not hormonal, has no side effects, and only takes a few minutes to perform right in the convenience of my office. This advanced technology is called the MonaLisa Touch®, and it’s helped countless women treat their vulvovaginal atrophy and associated symptoms and pain. Women get their confidence and sexual health back to how it was when they were younger.”

MonaLisa Touch®

No medications, no cutting, no lengthy healing times: This innovative laser therapy is for VVA. It’s quick, efficient, and can be safely performed in the comfort and privacy of Dr. Vahora’s office. The laser does not hurt or cause any pain. You will only feel slight vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient office setting.

The laser helps with the body’s cell renewal and regenerates the mucous membrane, helps with the restoration of collagen and renews the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO2 laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

Now it’s possible to have relief from vulvovaginal atrophy due to the MonaLisa Touch’s® ability to gently improve the tissue of the vulvar and vaginal-mucosa. With this treatment, women no longer have symptoms of dryness, pain, itching, or irritation. Women are able to enjoy intimacy once again. The MonaLisa Touch treatment also helps urinary symptoms such as incontinence and urgency.

Give yourself and your partner renewed pleasure with MonaLisa Touch®

Rejuvenate Your Sex Life

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

Don’t just live with your sexual discomfort, get the relief and new beginning that you are worthy of. Call today to schedule an appointment and/or your Mona Lisa Touch consultation at Info@ParveenVahoraMD.com or call (727) 376-1536 or during office hours, text to (813) 548 4412.

New patients are welcome!

Schedule your consult today.

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



Parveen Vahora, M.D.

Dr. Parveen Vahora’s office offers advanced and individualized care. The office is small, intimate, and welcoming. Women under her care are treated with the utmost respect, and by providing personalized care, educating patients on conditions and treatment options, and preventative measures, Dr. Vahora’s patients affirm her expertise.

Dr. Vahora specializes in sexual health and is proud to offer the MonaLisa Touch® for patients going through menopause and post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. She specializes in providing minimally invasive surgery options and offers genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, they’ve got you covered.

3 Myths About Melatonin, Debunked

By Anne-Marie Chalmers, MD

The use of melatonin for sleep issues surged in 2020. But with that increase came a lot of misinformation, too.

Let's tackle three of the most common myths about this supplement's safety record and effects.

What Is Melatonin?

Found in almost every living organism, melatonin is one of the most ubiquitous molecules in nature.

While melatonin is best known for regulating sleep, it does so much more.

One of melatonin's key functions is to modulate our circadian rhythm by lowering body temperature and boosting tiredness during periods of darkness. But melatonin also regulates blood pressure, glucose homeostasis, and has powerful anti-inflammatory and antioxidant effects.

The Importance of Melatonin Today

People can get melatonin from many foods (and supplements). But melatonin is also secreted in almost every part of the body – including the pineal gland in the brain in response to darkness.

Unfortunately, in the age of bright screens, city lights, and frequent night work, we're constantly disrupting the body's natural production of melatonin. Even a few seconds of exposure to bright light at night can inhibit its secretion.

Exposure to light at night is a major concern since our health depends on a good balance between light and darkness. It's estimated that about 10% of our genes are controlled by the circadian rhythm.

Besides being disrupted by light, melatonin production decreases with age. In fact, lower melatonin levels are considered a biomarker of aging.

Myth #1: Melatonin Use Is Dangerous Because It's a Hormone

Melatonin is technically classified as a hormone, just like vitamin D. However, it is not regulated by blood values (like testosterone or estrogen). Simply being in darkness or eating certain foods naturally increases the secretion of melatonin.

Refusing to take melatonin – just because it is classified as a hormone – doesn't make much sense. If that were the case, there would be a long list of melatonin-rich foods to avoid, including fish, eggs, nuts, many kinds of vegetables and fruits, and even extra virgin olive oil.

Myth #2: Your Brain Will Become Desensitized to Melatonin

Unlike many prescription sleep medications, you are highly unlikely to become dependent on melatonin supplements.

Researchers have consistently found that melatonin has a low rebound rate and no withdrawal symptoms, meaning that patients rarely experience adverse effects after they stop using it.

Consider the results from a long-term study published in 2018. In it, the researchers found that the sleep quality of children who stopped using melatonin after years of supplementation did not deviate from controls.

There are some studies that show melatonin may have a reduced effect on sleep parameters after 6-12 months of routine use. In these cases, simply taking a short break (or temporarily reducing your melatonin dosage) appears to improve effectiveness again.

Myth #3: Only People with Sleep Problems Need Melatonin

As mentioned above, the role of melatonin extends far beyond sleep. Scientists are currently exploring melatonin's impact on many conditions, including cancer, cardiovascular disease, and various neurological disorders.

There's simply too much research to highlight every topic in a single article. So let me briefly touch on how melatonin affects the aging brain:

Besides regulating our circadian rhythm, melatonin is one of nature's best antioxidants, helping to protect the brain from oxidative stress. Because of this antioxidant function, there has been substantial research on melatonin's neuroprotective benefits – particularly for Alzheimer's disease – over the last 20 years.

In animal models, researchers have found that melatonin may disrupt the production and accumulation of plaques and neurofibrillary tangles, two hallmarks of Alzheimer's disease.

More promising, some studies have demonstrated that melatonin slowed the progression from Mild Cognitive Impairment (MCI) to Alzheimer's disease, and helped patients with Alzheimer's disease and MCI improve their cognitive and emotional performance.

While melatonin supplementation may only be effective for patients in the earliest stages of AD, several recent scientific reviews concluded that melatonin could be a helpful adjunct to Alzheimer's disease therapy.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/6-common-myths-about-melatonin-debunked/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



OMEGA3
INNOVATIONS

Call us at 941.485.4400
www.omega3innovations.com

Nobody wants to hear it, but we will say it anyways.

The market is primed for a pullback.

We cannot know whether the sell-off will come next week, next month, or sometime thereafter. But it seems a market correction – an overall drop of 10% or more – is coming sooner than you think. And, frankly, we look forward to it after the irrational behavior we have seen in the markets recently. Of course, we are speaking mostly about the collaborative strategy retail speculators are using to squeeze short sellers from highly shorted stocks, like GameStop (GME) and AMC Entertainment (AMC)... with no regard for the fundamentals of the businesses or the fact that these companies are struggling holdouts of dying industries.

It is OK to make speculative bets on stocks from time to time. And if you have money to play with and want to make some "just for fun," gambler-style investments, that is your prerogative. But please remember... that is not what we do here.

At Vimvest, we think long term. We do not chase quick returns. We do not "trade" stocks. We *invest in Exchange traded Funds* based on deep study of the fundamentals – revenue, profitability, using science as our guide.

Market sentiment can move prices significantly in the short term. But it is the fundamentals that drive sustained stock price performance. You cannot simply wish them higher.

We are not calling a top or predicting a depression, but corrections are a normal and healthy part of a long-term rising market. That is why we see stock market corrections – like the one we had last year – not just as a healthy, natural part of the investing life cycle... but also as *an opportunity*.

Sound investing.



YOUR SUCCESS IS OUR GOAL.

Stuart Dickson, Fiduciary of Vimvest



941-925-2121 | www.vimvestadvisors.com



When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something... but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end... hang on, cry out to God, and look for His deliverance.





MORE CHOICES FOR CARE AT HOME



Gulfside Healthcare Services

Hospice | Palliative Care | Home Health

With care options from Gulfside, you can choose to stay in the comfort of home with the ones who matter most.



Gulfside Home Health

Lic. 2019 #20255096

Caring for Patients in Pasco & Pinellas Counties

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Wound Care & Dressing Changes
- Ostomy Care
- Injections
- Medication Management
- And much more!



Gulfside Hospice

Lic. 1989

Caring for Patients in Pasco County

- Nurses on call 24/7 to manage and monitor pain, symptoms and comfort
- CNAs to help with personal care
- Coordination of medical supplies, medications and equipment
- Visits from on-staff physicians
- Support and training for caregivers
- And much more!

LEARN MORE: www.Gulfside.org | 800-561-4883



127,150+

REGENEXX PROCEDURES
PERFORMED SINCE 2005

Joint Surgery Alternatives?

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

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

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



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813-328-2158**

RegenTampaBay.com