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# Health & Wellness<sup>®</sup> MAGAZINE

June 2021

South Tampa Edition - Monthly

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**FREE**  

## Vitiligo Awareness Month

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## Bladeless Skin Cancer Treatment for Non-Melanoma Skin Cancers

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## BayCare Named Top Quintile Health System for Third Consecutive Year

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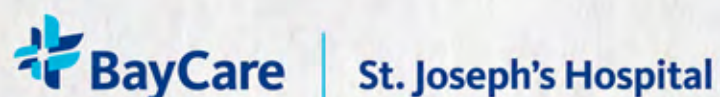
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### CONTACT US

OWNER / ACCOUNT EXECUTIVE

**SOUTH TAMPA - (727) 515-2353**  
**BOB GUCKENBERGER**  
**bobguckenberger@gmail.com**

CREATIVE DIRECTOR

**SONNY GRENSING**  
**sonny@gwhizmarketing.com**

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**Sunil J. Panchal, M.D.**

**(813) 264-PAIN (7246)**

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# BayCare Named Top Quintile Health System for Third Consecutive Year

**B**ayCare Health System has once again been recognized by a leading, independent survey for excellence in clinical outcomes, operational efficiency, patient experience, financial health, and contributions to community health with a focus on equity.

The news comes from Fortune/IBM Watson Health®, which lists BayCare in the top 20 percent of large health systems in the country. This is the third year in a row BayCare has been recognized with this honor.

In addition to being recognized as a health system, several BayCare hospitals have been named to the Fortune/IBM Watson Health 100 Top Hospitals list.

- St. Joseph's Hospitals (including St. Joseph's Hospital, St. Joseph's Women's Hospital and St. Joseph's Children's Hospital in Tampa as well as St. Joseph's Hospital-North in Lutz and St. Joseph's Hospital-South in Riverview.) With a combined total 1,396 beds, St. Joseph's Hospitals operate under the same license and makes the list as a large community hospital. This is the fourth consecutive year and the fifth time overall, in the large hospital category, that this prestigious recognition was awarded to St. Joseph's Hospitals.
- Morton Plant Hospital in Clearwater made the 100 Top Hospitals list as a top teaching hospital.
- Bartow Regional Medical Center made the list for the first time in the small community hospital category.

Three others in the BayCare system were ranked in the top 20 percent of the country in their peer groups: Mease Countryside Hospital in Safety Harbor, Mease Dunedin Hospital and South Florida Baptist Hospital in Plant City.

"When I became the CEO of BayCare in 2016, our community board of directors set a goal to be in the top 20 percent of health systems within five years. Not only did we reach that goal three years



early, we also have maintained that ranking for three years in a row," said BayCare President/CEO Tommy Inzina. "I appreciate the leadership of our board in our pursuit of excellence for our community; and I am proud of the extraordinary care our providers and physicians deliver to all we serve."

IBM Watson Health identifies the top hospitals from a rigorous evaluation of 2,675 short-term, acute care, non-federal hospitals in the U.S. The annual list recognizes excellence in clinical outcomes, operational efficiency, patient experience, and financial health. IBM Watson Health established the list to help identify best practices that may help other healthcare organizations achieve consistent, balanced, and sustainable high performance.

For the first time, this year's ranking of top hospitals also introduces a measure of hospitals' contributions to community health with a focus on equity developed by a team of experts at the Johns Hopkins Center for Health Equity and the Bloomberg American Health Initiative at the Johns Hopkins Bloomberg School of Public Health. For the ranking, hospitals were surveyed across three components: 1) assessing hospital contributions to community health as a provider of critical services for community health and preventive care; 2) identifying ways that hospitals contribute to community health as a community

partner teaming up with local organizations to implement critical programs; and 3) focusing on ways that hospitals promote community health through their practices as anchor institutions supporting local economic and social progress. Hospitals received credit for meeting a certain number of best practice standards in each component as part of the survey scoring and the new measure led to a change in ranking for more than one-third of the 100 hospitals.

The hospitals included on the Fortune/IBM Watson Health 100 Top Hospitals list had better results on key clinical and operational performance indicators compared to similar hospitals, according to IBM Watson Health. These include survival rates, patient complications, healthcare associated infections, 30-day mortality and 30-day hospital-wide readmission rates, length of stay, throughput in emergency departments, inpatient expenses, profitability and ratings from patients.

"We are proud of all of the hospitals, health systems and their dedicated clinicians and staff included among the Fortune/IBM Watson Health 100 Top Hospitals," said Irene Dankwa-Mullan, MD, MPH, Chief Health Equity Officer and Deputy Chief Health officer at IBM Watson Health. "From small community hospitals to major teaching hospitals, organizations on this list demonstrate a relentless commitment to high value, patient-centered care and innovation. They also recognize the importance of contributing to the health of their communities and we applaud them for their programs that help provide equitable quality care and address health disparities."



For more information, visit  
<http://www.100tophospitals.com/>.

# Vitiligo Awareness Month

**V**itiligo 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  
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# PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

## Treating Shoulder Pain Successfully with Radiofrequency

**P**aula 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.

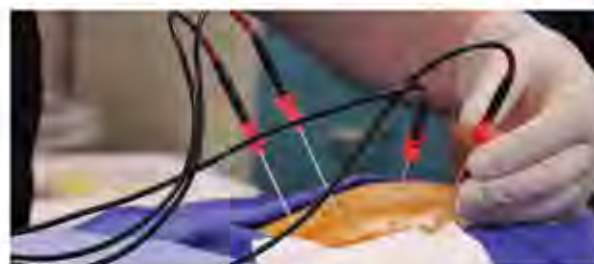
When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

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](http://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

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# We Are The Right Place To Be Right Now

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

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

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

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# Bladeless Skin Cancer Treatment for Non-Melanoma Skin Cancers

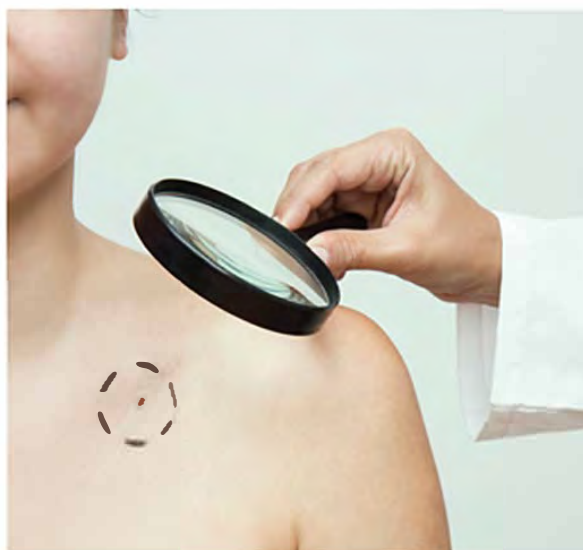
**D**id you know that skin cancer is the most common type of all cancers? Most skin cancers are non-melanomas. These are malignant but unlikely to spread if treated early. If they are treated early on, they also tend to be more surface-related and not too deep into the dermal layers. Melanomas, on the 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.



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**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.

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# Lives Upended by the Pandemic. Nobody is Immune.

**R**emember 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](http://www.seniorsinservice.org)



# Knee Pain Treatments:

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

By Regenxx Tampa Bay, Regenerative Medicine

**K**nee 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.

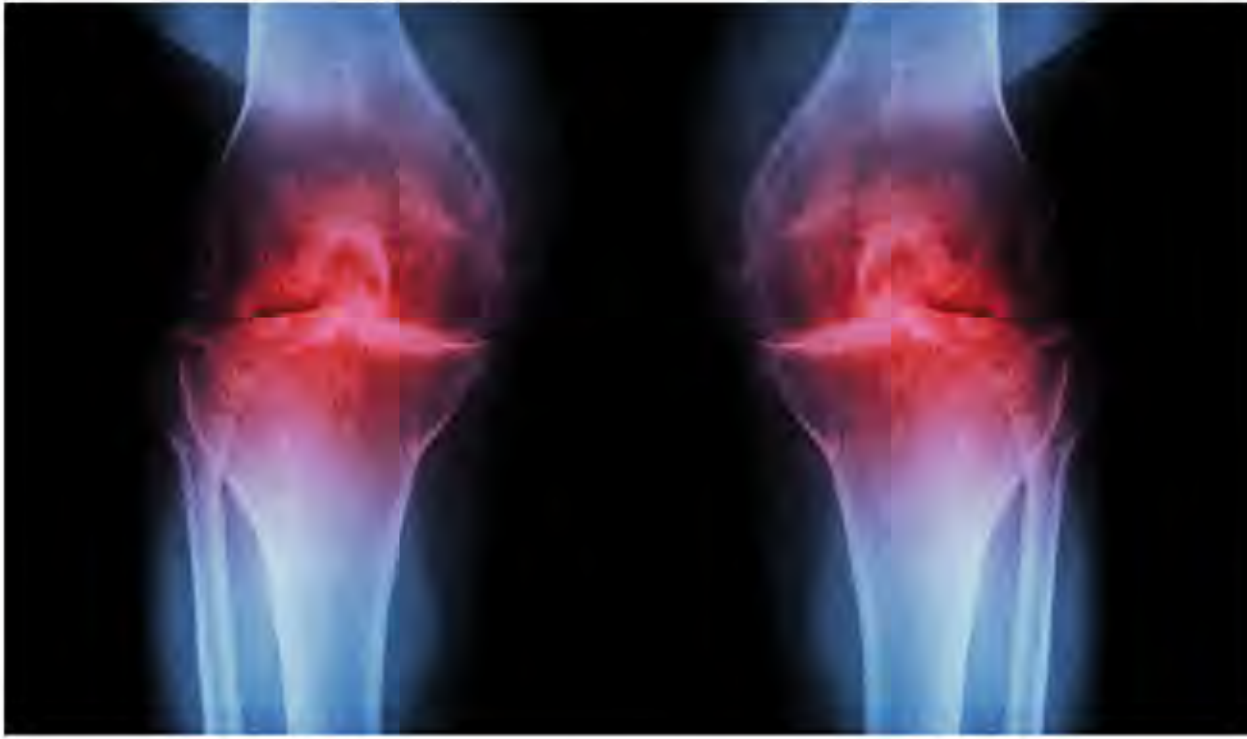
In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement

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**  
**813-531-9229**

**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



# Alzheimer's & Dementia: A Growing Epidemic

**I**t 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





# When You Are At Your Wits End

**H**ave 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:

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

The 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.







**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 | **813-285-5019**

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