

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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FREE  

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ID Badge.**

**It's a Badge
of Honor.**

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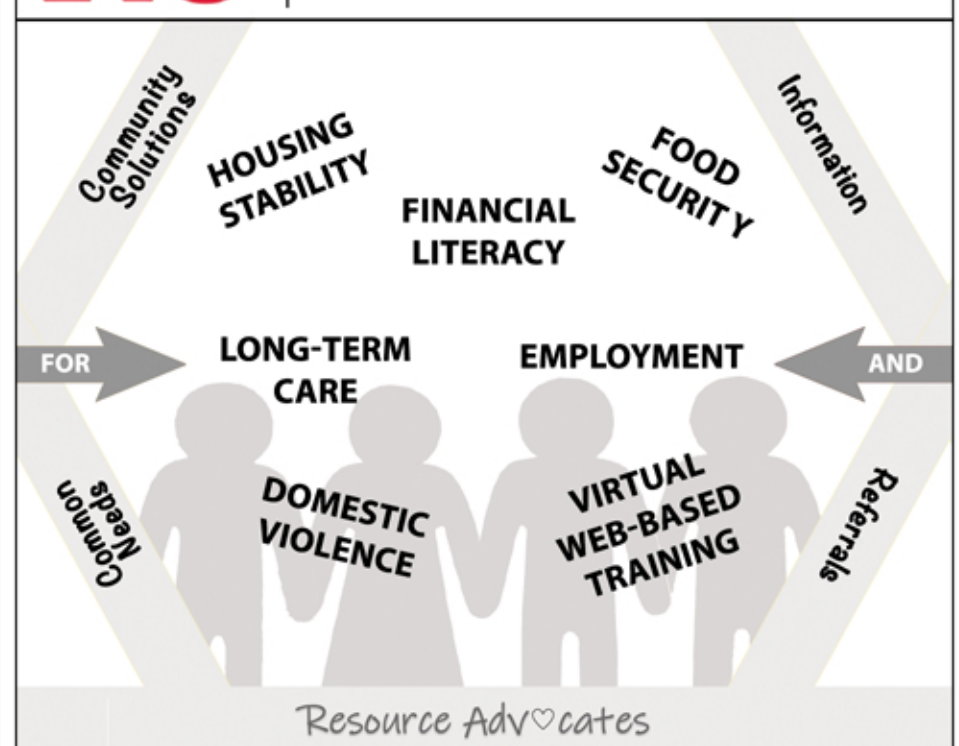
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The award-winning system, which is one of the largest employers in the Tampa Bay area, is hiring for positions across Hillsborough, Pasco, Pinellas and Polk counties. In addition to openings in a variety of physician offices, urgent care centers and ambulatory services, BayCare also has jobs available in several Hillsborough County hospitals including St. Joseph's Hospital, St. Joseph's Children's Hospital and St. Joseph's Womens' Hospital in Tampa, St. Joseph's Hospital-North in Lutz, St. Joseph's Hospital-South in Riverview and South Florida Baptist Hospital in Plant City.

"We set the bar high," said Kyle Barr, senior vice president of Team Resources. "We select only the best individuals that are passionate about clinical excellence, providing outstanding service, live by our values and can work as a member of our 30,000 plus amazing team."

BayCare's extraordinary team is leading the way to high-quality care and personalized, customer-centered health. Since 2019, BayCare has ranked in the top 20 percent of large health systems in the country by IBM Watson Health for excellence in clinical outcomes, operational efficiency, patient experience, financial health, and contributions to community health with a focus on equity.

In addition, BayCare has been ranked as one of the 100 Best Companies to Work For by Great Place to Work and Fortune for four years. This list is based on survey responses from more than half a million employees across the United States.

"At BayCare we're committed to building a culture of inclusion that's reflective of the communities we serve, providing equal opportunities for all," Barr continued. "We work on a foundation of excellence, trust, dignity, respect and responsibility. We also offer a competitive total reward package that includes medical/dental benefits, paid time off, tuition reimbursement, 401k match and additional yearly contribution, yearly performance appraisals and community discounts."

Positions are available in a variety of areas including nursing, laboratory, pharmacy, food and nutrition, environmental services, behavioral health, clinical professionals, BayCare Medical Group and more. **To search jobs, visit [BayCareCareers.org](https://www.baycarecareers.org) or learn more by following [@BayCareCareers](https://www.facebook.com/BayCareCareers) on Facebook.**



What Sets Aston Gardens At Tampa Bay Apart?

A Director of Celebrations Special Insight of the Highly Regarded Senior Community

We hear so much about aging well, but many of us have no idea what it entails. A sense of belonging is key to longevity and living well. The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer more opportunities and events for their residents to enjoy throughout each day of the month.



We caught up with Gail King, Director of Celebrations at Aston Gardens, to find out more.

As the Director of Celebrations, my role is to bring recreation, activities and events to our residents and community. We schedule outings, educational services, arts, recreation, and shopping events. We're somewhat like a five-star hotel concierge service. Imagine that you go to your resort concierge and ask them about things to do locally; that's what we specialize in. I personally take responsibility for our community calendar, which is full of excitement and offers many opportunities for our residents. There is always something for them to do. I want them to look at the calendar and say, "There are so many things that I can't decide what I want to do." Our focus at Aston Gardens is to make something always available and encourage and challenge residents physically, intellectually, and socially.

Our fitness program is state of the art. We have a Fitness Coordinator, and group exercise programs are offered three times per day during the week. This allows our residents ample time to enjoy their workouts by spending time with friends.

We welcome ideas from our residents to tell us what they want to do, and we pride ourselves on making it happen. We do our best to schedule events and activities from their suggestions. We offer shopping excursions, weekly Bible studies, local hotspots, movie nights, games, art classes, and themed parties, to name a few.

Our events are resident driven. Some residents are new to the Tampa Bay area, so we make sure to include local museums, cultural events, and local favorite restaurant outings throughout the month. Although many of our residents still drive their own vehicles, we have buses that take large groups on excursions daily. There is such a deep sense of community within our community. Building and maintaining relationships with one another comes easily here at Aston Gardens.

Regarding our buses and transportation, some of our residents need assistance, so we offer that to them, which provides a sense of independence within the larger aspect of Aston Gardens.

Next week we have a "Dolphin Quest." This is a fun trip that we've planned out of John's Pass to sightsee dolphins on a boat tour. There will be time for shopping and exploring restaurants when we return from the tour; residents will have time to roam and enjoy lunch together.

Each weekend we celebrate a special concert via recording in our Grand Ballroom. Of course, these are suggested by our residents. Recently we've had the Beatles, Fleetwood Mac, and Jimmy Buffet. We also have Broadway Sundays and show a live recording of a major Broadway show in the ballroom. Residents can enjoy these shows and concerts and cherish time together.

Recently we had a movie night with pizza, beer and nearly 100 residents showed up for the highly anticipated event. The sense of community is remarkable at Aston Gardens at Tampa Bay.

A 6-Million Dollar Renovation

There is a Grand Clubhouse at the main entrance and two dining rooms (formal and casual). We also have a fitness club and pool.

Residents can walk or take a golf cart to the main clubhouse for the amenities, events, or dining. In the past year, we did a 6-million-dollar renovation, so everything is like new. There is weekly housekeeping and numerous perks that keep our residents happy and healthy throughout the year.

Each month we have a themed party with a DJ, open bar, and prizes for the best costume. Recently our themes included country western night, where we had line dancing lessons, a tropical oasis night, the roaring 20s, and Springtime in Paris. These parties are always a big hit.

Why Residents Love Aston Gardens

Residents love living in Aston Gardens because of the sense of community and belonging. We offer so many things that bring everyone together with a sense of family. There are close to 400 residents, and most of them know each other, and those that don't soon will.

They love the amenities, but the majority of them will tell you that they have an immense sense of belonging. Our seniors are active and excited and have high expectations. We hold ourselves accountable to deliver happiness to them daily. I personally feel like I have an extended family because we all are working so closely together. Aston Gardens is truly an amazing place.

Celebrations Activities and Events

Most senior living programs in the Tampa, FL area will offer a few activities for their residents. These events cannot compare with the level of excellence that the Tampa Bay community and activities at Aston Gardens at Tampa Bay provide. We offer a wide range of activities for each ability level, so there's always something for you to do.

Aston Gardens offers Independent, Assisted and Memory Care Options.

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 & Events and Dimensions Health and Fitness. 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!

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A Skin Cancer Treatment That Doesn't Require Cutting or Surgery—Bladeless Electron Beam Therapy

Non-melanoma skin cancers such as basal and squamous cell, often require in-depth surgery that can leave scars, long recovery times, pain, and anxiety. ForCare Dermatology is the first office in Tampa Bay to offer an innovative procedure that requires no cutting, and no downtime. It is an advanced Bladeless Electron Beam. ForCare is the second in the nation to provide this highly innovative procedure.

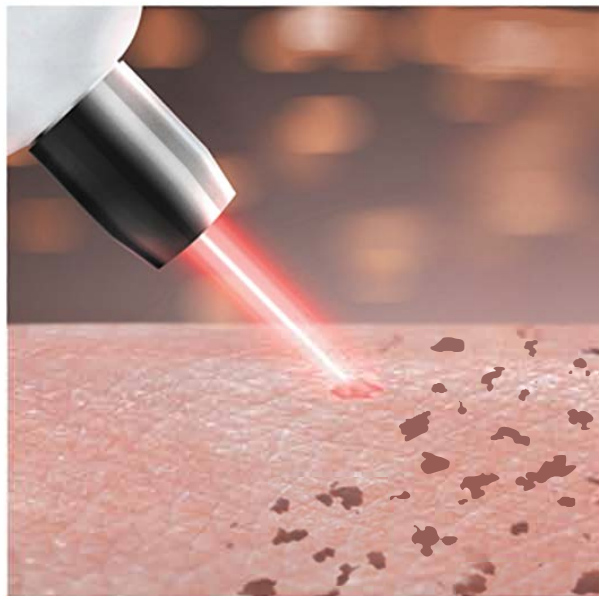
If you are diagnosed with non-melanoma skin cancer and you are only offered traditional surgery, you may want to do some further research on the benefits of Bladeless Electron Beam therapy.

Bladeless Electron Beam Therapy

With Bladeless Electron Beam therapy there is no contact with the skin. The device works through amplified X-ray technology, and the electron beam passes through healthy skin without damaging the cellular structure. The non-melanoma cancer can be easily and effectively treated without cutting, and patients do not need to stop taking certain medications such as blood thinners as with traditional skin cancer surgery. Patients can also continue with their normal activities. There is no downtime as with traditional surgery.

Because the device provides such precise treatment around the borders of the skin cancer, it is the perfect solution for non-Melanoma cancers around the eyes, nose, ears and lips. 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 Bladeless Electron Beam Therapy here locally.

Many skin cancers are difficult to see and detect. ForCare Medical Dermatology is a leading dermatology practice that offers precise skin cancer screenings. Their office is always on the edge of effective and innovative procedures, and they put their patient's needs and requirements first. All options will be explained in detail, and they always have time to answer your question or concerns.



One in Five Americans will develop skin cancer

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 is critical to your health. Proactive prevention through sun protection and early diagnosis continues to be the smartest strategies.

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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.

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



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.



15416 North Florida Ave., Tampa, FL 33613

It's Time to Schedule Your Gynecological Wellness Visit

By Parveen Vahora, M.D.

Unfortunately, most of us find it easy to put things off and procrastinate. Studies and research show that during the pandemic and even after the initial shutdowns when patients were encouraged to make appointments to visit their physicians and not to put off screenings any longer, the numbers were not there like they were in pre-pandemic mode. Due to the pandemic many cancers are being delayed in identification. It's important to schedule your wellness visit if it is overdue.

According to Cancer Health, NBCCEDP screening volume began to recover in May, but it remained well below pre-pandemic levels. At the end of June 2020, the number of breast cancer screenings was 39% below the five-year average for that month while cervical cancer screenings were off by 40%. Recovery was particularly slow in rural areas: breast cancer screenings in June were still 50% below the five-year average.

Like many diseases, early diagnosis of cervical and breast cancer are critical for survival and optimal treatment outcomes.

Cervical Cancer

An in-office standard pap test can detect cervical cancer. If it's caught early (with regular exams), the treatment can often be accomplished in the gynecologist's office. Symptoms are not always noticed or evident, but some are listed below; however, these may not present until the cancer has proliferated or spread.

- Abnormal menstrual bleeding
- Bleeding after intercourse
- Bleeding after menopause
- Pain during sex
- Pelvic Pain
- Spotting
- Vaginal discharge
- Back Pain

The HPV vaccine is highly recommended for young women to prevent the HPV virus that causes cervical and genital cancers.



HPV Facts & Treatment

Human papillomavirus (HPV) infection is the most significant risk factor for developing cervical cancer. HPV is made up of 150 viruses and can infect the cells of the cervix and spreads through sexual encounters, as well as be passed down through childbirth. Other risk factors that exacerbate or lead to cervical cancer are a weakened immune system, smoking, chronic infections, having a child in your teenage years, and having multiple full-term pregnancies.

There are little to no signs or symptoms of cervical cancer and other genital cancers, so the most proactive way to prevent these cancers from growing is to have regular pap smears on a routine basis. The test results will show positive signs of cancer or precancerous lesions. In the gynecologist's office, they can do a simple test to see where the cervical cancer is and can evaluate its severity. Usually, if caught early enough, the cancerous lesions can be removed right in the comfort of the office.

Your Wellness Visit

Dr. Vahora can identify any concerns such as heavy bleeding pelvic pain, menopausal symptoms, low libido, and pain with intercourse. If you have a family history of cancer, genetic testing can be offered. These conditions can be further worked up, and custom-tailored procedures and treatment options can be addressed to meet your specific needs. We can also identify if you have vulvovaginal atrophy (VVA) or pain with intercourse and talk about treatment options including to see if you are a candidate for the MonaLisa Touch® treatment.

Source:
<https://www.cancerhealth.com/article/breast-cervical-cancer-screening-fall-sharply-covid19-crisis>

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Parveen Vahora, M.D.

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

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating health care practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns.

Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms. She is a woman gynecologist and is well-known in her community for her deep commitment to positive outcomes for her patients. Most importantly, her patients love her because she listens, and her care is highly effective because of that.

Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylosis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.

Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications.



Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



Dr. James Leiber

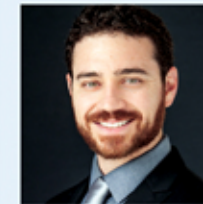
James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain 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).



Ron Torrance II, DO, FAOSM

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, DO

is a non-surgical orthopedic physician specializing in Physical Medicine and Rehabilitation at Regenexx Tampa Bay. Dr. Papas has taught courses in musculoskeletal ultrasound to residents across multiple specialties and to medical students at Carolinas Medical Center in Charlotte.

He is a member of the American Medical Society for Sports Medicine, the American Academy of Physical Medicine and Rehabilitation, and the American Academy of Orthopedics just to name a few. When he isn't practicing medicine he enjoys spending time with his wife and new baby, playing soccer, practicing guitar, and listening to historical podcast



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Studies Show HBOT Can Increase Neuroplasticity After Stroke

Worldwide, one on six people will suffer from a stroke and of those, one-third will experience a recurrent stroke.¹ Stroke cuts off oxygen to the brain by way of either a blood clot or a hemorrhage. When the brain is no longer supplied oxygen (hypoxia) brain cells begin to die or become severely damaged. Strokes can cause both physical and mental impairment.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood. Many researchers agree that increasing the supply of oxygen to a stroke patient's damaged areas of the brain will alleviate brain damage by reducing swelling and regenerating brain matter (neuroplasticity).

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

Poststroke and HBOT

Many studies have been conducted on the effect of HBOT on poststroke patient outcomes. One recent trial in particular is an Israeli study entitled "*Hyperbaric oxygen therapy improves neurocognitive functions of post-stroke patients – a retrospective analysis*," which looked at 162 poststroke patients. The participants had to have had at least one stroke three months to several years before admittance to the trial.

In the post stroke study, the patient's brains were scanned via metabolic imaging using SPECT imaging and MRI. Along with these, they also performed comprehensive medical, physiological, and cognitive testing to evaluate changes of the baseline, as well as during and after HBOT treatment.²

The conclusion of the study is as follows:

- Significant improvements in all cognitive domains post HBOT even in the late chronic stage.
- The clinical improvements were achieved regardless of the type, the location, or the side of the stroke.
- Can induce neuroplasticity in stunned, wounded brain regions (metabolic dysfunction) even years after the acute insult.

Hyperbaric Centers of Florida

The founders of Hyperbaric Centers of Florida center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Hyperbaric Centers of Florida is a premier, state-of-the-art hyperbaric treatment facility located in the Tampa Bay area. Because of our experience and reputation, we have patients come to us from North America as well as Caribbean, Latin & Central American Markets.

We provide HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more. Our state-of-the-art Hyperbaric Clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multiplace Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems.

We are treating all approved indications and selected off-label indications, as directed by a licensed physician with written orders.

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

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

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. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

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
- Bell's 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

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How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

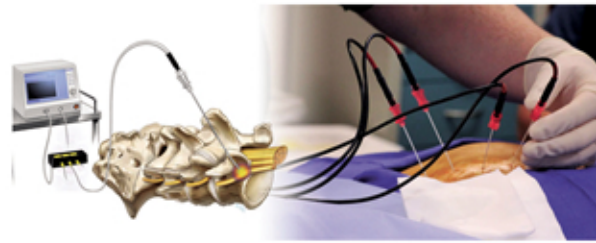
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. **The National Institute of Spine & 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 & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Spine & 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.

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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.

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Do You Have Gout? Getting Treatment and Preventing Future Flares is Crucial

Learn How You Can Participate in a Clinical Trial

Gout is a painful arthritic condition. For individuals that have flares or gout, the pain can be debilitating. The joint may feel stiff, painful and have burning sensations. Even the smallest or slightest pressure on the joint can feel unbearable for the first few hours of the flare with lingering pain and discomfort that can last for days to weeks at a time.

Too much uric acid being built up, and then circulating as bodily waste in the blood stream causes gout. It creates tiny needle-shaped crystals that accumulate in the joints and cause excruciating painful swelling. Although gout can cause pain in many parts of the body, often, the first symptom of gout is usually pain and swelling of the toe joint. It's common for those that suffer with gout to have a family history of the condition. Certain medical conditions can exacerbate gout such as obesity, high blood pressure or kidney disease.

Things that can trigger a flare-up of gout:

- Alcohol
- Stress
- Certain medications
- Food high in Purines (shellfish, organ meat, sugar, red meat)
- Illness
- Joint trauma
- Lead exposure

Symptoms of gout:

- Burning
- Tingling
- Joint stiffness
- Joint swelling and intense pain

There are many diets and medications that can help alleviate the painful side effects of gout; however, these usually help to clear bouts of gout temporarily. Gout will in usually due course, return and with ongoing flares of high uric acid and joint inflammation, the joint can eventually be damaged severely.

The goal of treatment is to provide meaningful relief from pain, reduce flares, protect the joint and treat underlying conditions.



Clinical trials help pave the way for new medical treatments.

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

ForCare Clinical Research (FCR), an independent, multi-specialty clinical research facility, is located in Tampa, Florida. Since its inception in 2012, FCR has focused on providing access to novel treatment and therapies for both chronic and acute conditions. Our Investigators have over 40 years of combined research experience and a proven record of successful execution of Phase I through Phase IV industry-led trials. Our Investigators are board certified in dermatology, rheumatology, internal medicine, family practice, anatomic pathology, dermatopathology, neurology and internal medicine. ForCare Clinical Research routinely exceeds enrollment expectations, preserves subject retention, reduces trial timelines, and delivers reproducible, quality data.



ForCare Medical Practice in Tampa, FL

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

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



15416 North Florida Ave., Tampa, FL 33613



Neuropathy Can Be Treated With Advanced Technology, BUT Not All Providers Offer This Therapy

BY DR. ROBERT LUPO, D.C.

None of us are impervious to aches and pains, but for numerous individuals chronic tingling, numbness, and pain disrupts their lives on a daily basis. In the United States, neuropathy affects close to 25 million people. Neuropathy symptoms are typically a heavy sensation in the limbs with numbness, tingling and pain.

Many people only associate neuropathy with diabetes, but that percentage makes up about 30% of the population affected. Other causes of the disorder are viral conditions, immune disorders, trauma, celiac, radiation therapy, chemotherapy, vascular disease, and alcohol use disorder, to name a few. Neuropathy can become debilitating.

What you don't want to do is ignore your symptoms. Treatment is critical to get you back to living and enjoying your life.

Traditional Treatments

The most common treatment for nerve damage is to mask it with prescription medications. Unfortunately, these medications are addictive and only act as a band aid. Getting to the root cause of your neuropathy is critical.

A Better Treatment Option

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.

Advanced Treatment with Quantum Technology Gets to the Root Cause

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 represent 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>

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Connecting With Each Other: The Key to Health & Wellness

Social distancing helped us survive the pandemic. It also taught us how staying connected with loved ones is the very thing that makes survival worthwhile.

Yet even before COVID-19 we faced a health crisis. Few people talked about it, but it was right here – the loneliness epidemic. For many, life feels like it's getting back to normal, but the large number of lonely, isolated seniors that remain is a crisis that we cannot ignore. Loneliness has physical consequences that can be devastating, especially for seniors. It eclipses obesity and even smoking for premature decline and even death.



Connection is the cure. Research shows that friendships drastically reduce the mortality risks associated with isolation and loneliness. Seniors in Service can help with TelePals! TelePals offer regularly scheduled friendly calls that help reduce isolation so seniors can remain living independently, with dignity. TelePals get background checks and expert training. Participants are carefully matched based on interests, culture and skills, building enduring relationships that help them both. The heartwarming stories tell it best.

Angelina is 83-years-old and lives alone, with no support from family or friends. Her fixed income does not allow her access to technology, internet or even cable TV. For the past year, the fear of COVID-19 has made her feel imprisoned in her own home. Imagine being elderly, alone and scared - cut off from the world. There's nobody to check up on

her to make sure she's eating. There's nobody to share her memories with. There's nobody to tell her there's someone who cares. The pastor at her church hears about TelePals and encourages his parishioners to enroll. Most are too proud to admit that they're struggling. But Angelina and Christine, who is also a senior, both volunteer to help. Soon they are chatting by phone regularly. Although they've never met, they discover they have a lot in common. It turns out that they both are retired teachers and both love reading the exact same books. When Christine learns about Angelina's diabetes, she starts asking about her diet and how often she's getting up to walk around her house. Angelina says having a new friend has changed her life. "She really cares...You got a treasure with her and now she is mine."

For Jim, TelePals offers a lifeline. As a veteran, he's conditioned to never ask for help. Doctor visits are one place he finds connection. In the waiting room, he sees a flyer stating: "You've Got a Friend!" An invitation to call Seniors in Service. Inexplicably, he makes the call: "I am 70 and I have nobody." TelePals offers socialization and wellness-checks through telephone reassurance. For some, it's the only conversation they have all day. Enrollment is easy by phone or www.TelePal-Now.org. Kevin, a retired businessman, enrolls to volunteer. As a veteran, he shares a special bond with others who've served our country. Kevin shares, "We share experiences from our past and daily lives...We get serious but also laugh a lot...It's the highlight of my day."

Intergenerational TelePals Chelsea and Rebecca initially wondered what they would talk about. A USF psychology student, Chelsea learned how isolation affects mental health. She learns about TelePals on USF's website and volunteers. She's nervous at first but hearing about Rebecca's adventures when she was young is fun! During COVID-19, Chelsea ensures Rebecca is social distancing and has everything she needs. She's poised to alert TelePals staff of any concerns. Their chats helped them both as they navigated the changes brought by the pandemic, together.



The loneliness epidemic is killing our seniors. You have the power to make it better. Reach out and connect! Got an hour? Give an hour! Seniors in Service offers opportunities for TelePals to participate safely and remotely. Know someone who could benefit?

Learn more by visiting
www.seniorsinservice.org.
Or follow us on www.facebook.com/seniorsinservice.

JOIN TELEPALS!

WHAT: Seniors in Service of Tampa Bay

WHO: Caring volunteers (age 18+) are trained as TelePals to help people feel socially connected with friendly conversation or wellness checks.

REQUIREMENTS: Able to communicate by phone. Ability to read/understand English. Spanish a plus! Subject to background check.

COMMITMENT: Flexible to meet your schedule.

For more information, visit
<https://seniorsinservice.org/> or call Chris Noble at 813-492-8916
Visit us on Facebook <https://facebook.com/seniorsinservice>



SENIORS in SERVICE
GEARED UP TO SERVE

For more information,
visit www.seniorsinservice.org

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.



THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



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RON TORRANCE II, DO, FAOASM



IGNATIOS PAPAS, DO



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