

T A M P A B A Y ' S

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

September 2021

Pasco/North Tampa/New Tampa Edition - Monthly

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  **FREE**

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TO TRADITIONAL HGH

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- Gail Dolan, MD

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# Robotic Surgery for Colorectal Diseases

By Dr. Lourdes M. Pelaez-Echevarria, DO

**C**olorectal cancer surgery and the use of robotics are near and dear to my heart due to the advancements and ability to treat cancer so effectively. Years ago, colorectal surgery was an invasive procedure that made large incisions from stem to stern, which was debilitating for patients. They were left to recover in the hospital for a week and do the “old man shuffle” due to their pain.

Today, we’ve come so far. Along with minimally invasive procedures to treat colorectal cancer through laparoscopic procures, we now have the technologically innovative robotic advantage. For robotic colorectal surgery, recovering time will depend on the area of the body the procedure is being done on. Patients heal and recover more quickly when using robotic surgery than with traditional surgery and with significantly less pain.

Robotic surgery makes me a more precise surgeon, as the images of the rectum and colon are magnified 20x larger than normal, which allows us to see tiny details and make intricate movements with the instruments.

Twenty-one years ago, when I was doing my fellowship, the first robotic system came on the market. It was bulky and unrefined, but through the past several decades, the technological advances, upgrades, and superiority of robotics are astonishing. It’s truly a game-changer.

We can now utilize TAMIS, which is transanal minimally invasive surgery on many patients with robotics. TAMIS allows us the advantage of removing tumors and polyps transanally as opposed to incisions. The instruments are so small that we are now able to provide this cutting-edge technology to reach polyps or early cancers in areas that previously would have required a large incision.

Colorectal cancer is the second most common cause of cancer and the third leading cause of death in younger adults. Although it’s commonly seen in people over the age of 50, it is increasingly showing up in younger patients; much of which is due to lifestyle choices as well as genetics. If you have

symptoms, you must see your physician. Sadly, many people are still uncomfortable discussing their bleeding, pain, leakage, or other symptoms with their provider. Diagnosing it early saves lives.

Due to the increase in awareness and education on getting colonoscopies, there is a significant decrease in the number of deaths from colorectal cancer. If caught early, your chances of survival are better. For localized cancer, there is a 91% 5-year survival rate; for regionalized cancer, it’s 72%, and for distant metastasized cancer, it is only 14%.

Surgery increases the survival rate when colorectal polyps or tumors are caught early.

Considering the number of COVID cases and deaths compared to colorectal cancer, the numbers are staggering. For instance, in the U.S., in 2020, there were 147,950 diagnoses for colorectal cancer; of those, approximately 53,000 resulted in deaths (*NOTE: The final numbers from 2020 are still being tabulated*). In New York last year, COVID claimed 53,664 deaths. In Texas, it claimed 53,081 deaths, and in Florida, 41,130. Nationally, COVID resulted in 1.7% deaths; in Florida, it was 1.3%, and nationally for colorectal cancer, that percentage is very high at 9%. This is six times the death rate of COVID.

This is why it’s critical to be proactive and get screenings and incorporate healthy lifestyle choices, including a nutritious diet, exercise, limiting alcohol consumption, and quitting tobacco use.

There are other alternatives or additional ways to check for polyps or abnormalities, such as colorectal stool cards and CT virtual colonoscopies. Neither of these is nearly as effective as a colonoscopy, but they are better than nothing at all, especially for those adults with no risk factors. If, however, you have a positive report on the stool cards or your CT shows polyps, you will be referred for a colonoscopy. Most polyps are removed during the colonoscopy, so it’s very convenient and beneficial for the patient to go with the “gold standard,” which is a colonoscopy.

## Lourdes M. Pelaez-Echevarria, DO

Dr. Lourdes Pelaez-Echevarria is a board-certified general surgeon, serving the New Port Richey, Florida area for BayCare Medical Group. She completed her undergraduate degree from the University of Florida in Gainesville, Florida. She earned her Doctor of Osteopathic Medicine from Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Florida.

Dr. Pelaez-Echevarria continued her medical education by completing a general and vascular residency at Rowan University in Stratford, New Jersey, followed by a minimally invasive surgery fellowship at Baptist Health System/HealthSouth Doctors Hospital in Miami, Florida. Dr. Pelaez-Echevarria takes her job seriously and realizes that she has an awesome responsibility to all her patients. Putting their needs first lays the foundation for everything else to fall into place. She is an accomplished and responsible general surgeon who specializes in robotic, breast, colon and rectal surgery and minimally invasive surgery.

Dr. Pelaez-Echevarria recognizes that every patient is different and not everybody follows the rules. She relies on her great interpersonal skills and abilities to provide excellent surgical care. As a general surgeon, she can cut out cancers, remove infected/broken organs, mend bowels and fix hernias, often using a surgical robot. She is a member of the American Osteopathic Association and the American College of Osteopathic Surgeons, speaks Spanish and affiliated with Morton Plant North Bay Hospital.



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Dr. Sunil Panchal

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

### Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of Spine and Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

At The National Institute of Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

At The National Institute of Spine and Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at [www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org), or call them at **(813) 264-PAIN (7246)**.

# Aging Well

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**W**hy do some people age well, and others struggle with their energy levels, weight, sexual drive, joint inflammation, and other age-related disorders? The answer isn't always so cut and dry, and while genetics and lifestyle choices both play a significant role, there is a little-known secret that many physicians and patients are increasingly starting to adopt.

As we age, our growth hormone levels decrease progressively, and by the age of 35, they can be reduced to 50% of what they once were. This is the reason we "age," but aging doesn't have to be daunting. You can still look and feel great with the right tools.

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As we age, we will all experience different issues because none of us are exactly the same. That's another way that BioPro+ exceeds physician and patient expectations. You make the call on which area of your life needs improvement, whether that is sleep, aging, weight, brain fog, or libido, and the program is tailored to your needs.

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*"I have been implementing this product in my facility as a safe natural alternative to HGH. I have been getting tremendous feedback from my patients and with myself. These results are superior to any HGH therapy I have ever tested. It is a part of mine and all my patients' regimens."*

— Dr. Cabrera, Genesis Health Institute, Miami, FL

*"It may seem like a cliché to state BioPro+ has saved my life but it's true! I originally started taking BioPro+ because of the anti-aging properties and for bone health. I found not only did my bone density improve but the damaged nerve in my back, from two failed surgeries, seemed to like BioPro+ too! Meaning, the horrible chronic back pain I had experienced has lessened from taking the product every day. With my increased sexual libido, lessened back pain, improvement of bone density, increased energy, I am not only grateful for BioPro+ but I am ready to be a Rock Star! Thank you!"— Dinneen, Los Angeles, CA*

BioPro+ gives you the energy to make lasting memories and improve you daily life. What would it be like to mitigate and reverse some of the major damaging effects of aging? As with any valuable journey, you have to decide if you are ready to take the steps necessary to live a healthier more satisfying life.

### ATTENTION PROVIDERS:

If you would like to become a BioPro+ Approved Physician, please contact us at [BioProteintech.com](http://BioProteintech.com), [Info@bioproteintech.com](mailto:Info@bioproteintech.com) or call 1.800.280.2456.





# DON'T LET A TAX PROBLEM LEAD TO A HEALTH PROBLEM

By John S. Wood, CPA

Falling behind on tax payments to the IRS is something that millions of Americans have dealt with at one time or another. Owing money to the IRS can be very intimidating.

Tax problems can impact all aspects of your life. They can take a heavy toll on you both financially and emotionally. Tax problems are stressful. That stress can lead to health problems. And much like medical issues, early intervention is the key when dealing with tax problems.

We know the story: things are tight financially, so you either 1) do not file the tax return or 2) file the return but don't pay the balance due. But do not worry, you tell yourself, next year will be better. Now it is 2 to 3 years later, and a letter arrives from the IRS. The threats start. Maybe it has even gotten to the point of actual levy seizure activity. Now the IRS is wreaking havoc on your financial life, and you simply do not know what to do.

We know. We have helped many clients with that exact scenario. Fear not; there is a light at the end of the tunnel.

Many Americans end up in a situation where they owe more to the IRS than they can afford to pay. Lots of people end up with significant debts to the IRS. The IRS is the world's most powerful collection agency. They can do some scary things like seize your home or bank accounts, garnish your wages, and a bunch of other things that no other collection agency can do. Your options often look something like this: pay the amount in full or pay it back over time with interest and penalties.

The IRS does not like to be ignored. They want their money, and they want it now.

As it turns out, the IRS is actually happy to work with taxpayers, but there are some ground rules you need to be aware of and a roadmap to follow.

What to do if you cannot pay the taxes?



## 1. Tax Compliance

The first step in resolving your tax issue is to get into "tax compliance." Compliance means that you have filed all tax returns due for the last six years and have made your current tax payments. Once you are in tax compliance, we can now work on resolving the back tax issue.

## 2. Collection Alternatives

There are three main collection alternatives to resolve a back tax debt: 1) Installment Agreement, 2) Uncollectible Status, and 3) Offer In Compromise.

### *Installment Agreement*

An installment agreement is an agreement to pay the taxes back over time. There are three variations of the installment agreement: 1) Regular, 2) Streamlined, and 3) Partial Pay. Which type of agreement that works best for you will depend upon your personal circumstances and is something we can help you address when you are ready.

### *Uncollectible Status*

Uncollectible status is when the IRS determines that you are unable to make current tax payments. When a taxpayer is deemed, the IRS may still file a Notice of Federal Tax Lien to secure its position in the taxpayer's assets but will not otherwise take enforcement action to seize (or levy) the taxpayer's assets or income streams.

### *Offer in Compromise*

An Offer in Compromise is an agreement where the IRS agrees to accept less than the total amount owed to it, and the taxpayer agrees to pay the amount negotiated as well as maintain their tax compliance for five years following the acceptance of the Offer in Compromise ("Offer").

The basis for an offer is a formula referred to as "Reasonable Collection Potential" or "RCP." RCP is effectively the net equity in assets plus the taxpayer's excess future income for 12 or 24 months, depending upon how the Offer is structured. There can be significant planning done to help a taxpayer maximize the potential for the Offer's acceptance.

Suncoast Tax Solutions has helped many Florida residents get back on track with the IRS. We can help you reach a tax relief agreement with the IRS. Using proven strategies, along with our knowledge and experience, we can assist you through tax audits, help you reduce your tax debt, and stop wage garnishments and bank levies from happening. In some cases, you may be able to settle tax debts for much less than you originally owed. We are available to be your dedicated resource to save you the most money while resolving your tax problems quickly and efficiently. When you are ready to learn more about what we can do for you, we encourage you to contact us.

If you, or someone you know, has an issue with paying their federal taxes and needs help to end their IRS nightmare, please contact us by either phone at 813-463-8348 or email at [johnwood@suncoasttaxsolutions.com](mailto:johnwood@suncoasttaxsolutions.com).



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# Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By Regenexx Tampa Bay, Regenerative Medicine

**W**hat's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

## What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

## What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

## Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

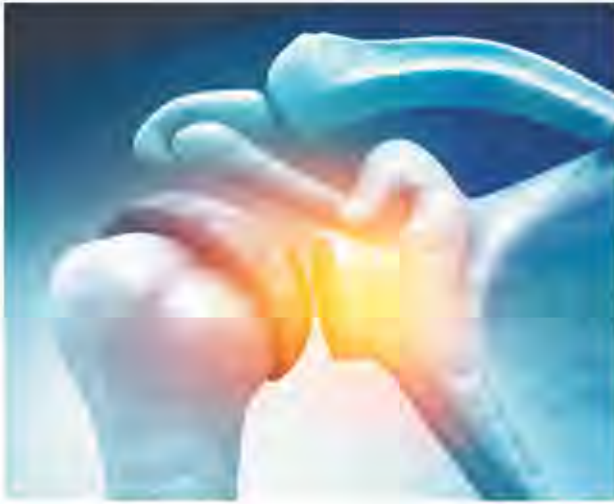
Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

## Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of



a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

**Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?**

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

**The Best Alternative**

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with

just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the Tampa Bay region, we recommend Competitive Edge Performance (CEP) therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do. CEP offers the latest in recovery science and "bio-tech" to expand the scope of physical therapy practice beyond injury rehabilitation into the realm of achieving optimal health and wellness for all clients.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



**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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**NEWREGENORTHO.COM**

# Emerge180 Helping Businesses Regain Momentum & Funding After COVID

Is your business suffering due to the COVID pandemic? If you have a business in place that was formed before December 31, 2020, you may be eligible to receive money back from the government due to a decrease in revenue or limited liability.

This option is called the Employee Retention Credit Program, and business owners can even apply for it if they've already applied for or received a PPP loan. Many businesses were forced to choose between paying their taxes or keeping their employees paid. If this sounds familiar, this program might be a good fit for you.

Employers, including tax-exempt organizations, are eligible for the credit.

#### Qualifications:

- Must be established before December 31, 2021
- Must have under 500 employees
- Employees must receive W2 wages
- 1099 contractors are ineligible

#### How Emerge180 helps get clients the money they deserve:

Jonathan Field, President of Emerge180 said the following, "You must be licensed tax professionals, to navigate the system. At Emerge180, we have a dedicated team of tax professionals that are familiar with the Employee Retention Credit Program. They know the ins and outs and how to maximize the amount for our clients because they are working with this program every day."

#### A few of the IRS Rules and Regulations:

1. the full or partial suspension of the operation of their trade or business during any calendar quarter because of governmental orders limiting commerce, travel or group meetings due to COVID-19, or
2. a significant decline in gross receipts.

#### A significant decline in gross receipts begins:

- on the first day of the first calendar quarter of 2020
- for which an employer's gross receipts are less than 50% of its gross receipts
- for the same calendar quarter in 2019.



#### The significant decline in gross receipts ends:

- on the first day of the first calendar quarter following the calendar quarter
- in which gross receipts are more than of 80% of its gross receipts
- for the same calendar quarter in 2019.

The credit applies to qualified wages (including certain health plan expenses) paid during this period or any calendar quarter in which operations were suspended.

#### Emerge180 makes it easy

Mr. Field continued, "We've had clients receive over two and half million dollars. The pandemic hurt countless individuals and their businesses; the money from this program can be used to keep their business afloat, to reimburse themselves or their employees. Ironically, not many people know about this program. We are experts at helping clients work through the intricacies and reap the benefits. There is also a great deal of misinformation about the program, so working with us is really a welcomed opportunity for so many people."

Emerge 180 accepts walk-in appointments, has a dedicated phone line set up for specifically ERC program inquiries, an online calendar for appointment bookings, and a resource center that provides webinars about the Employee Retention Credit Program.

#### More details about Emerge180

For over 20 years, Emerge180 has kept family businesses in the family by negotiating financial solutions when they ran into serious and even catastrophic trouble. We've shepherded viable companies through the negotiation process, bringing business owners back from the brink of bankruptcy, restoring their family's livelihood, and making them solid, strong, and whole once again.

Emerge180 can engage your creditors at any point and immediately establish an action plan that first gives you, the owner, the most important thing you need: Time. Creditors usually realize that they stand a better chance of getting money from a business that is generating revenue. Emerge180 talking with your creditors buys valuable time. Time to operate your business and time to generate more revenue. It also lets your creditors know you're serious about settling your outstanding business debt.

Emerge180 is adept at negotiating settlements that successfully retire debt in a shorter period at a reduced sum. The negotiated savings are passed along to you. The net result is that you settle your debts for less than what was originally owed. Guaranteed.

## Emerge180

Call Emerge180  
and emerge debt free.

**Emerge Solid. Emerge Ready.  
Emerge180.**

**Call us today at (800) 805-1138, or visit us  
online at Emerge180.com.**

# Acne Treatment & New Therapeutic Options

**A**cne affects 50 million individuals in the U.S. It is a well-known skin condition where the pores become clogged, eventually developing into whiteheads, blackheads, pimples, or deeper nodules and cysts. Acne can be attributed to numerous causes, such as dietary habits to hormonal changes. Having a qualified dermatologist evaluate and prescribe the right treatment is critical for clearing up your skin. Because of the varying degrees and types of acne, getting it under control or stopping it in its tracks is most often unattainable without the help of a qualified dermatologist.

Acne affects millions of individuals and distresses teens and adults of all ages and genders. Since acne affects nearly 85% of the teen population and 40% of adults, the number of people dealing with this skin condition shouldn't be taken lightly.



## Acne is not just skin deep

There have been numerous studies on the social and psychological effects that even mild acne has on individuals. Social withdrawal is a common side effect, as is lack of self-confidence, fear, worry and anxiety.

Acne can affect teens and adults for many years. Getting it under control now is optimal. A dermatologist will treat the acne issues deep within the dermal layers. Dermatologists will also evaluate and work with you on the root cause of your skin disorder. If you or your teen has any old scarring from prior rashes or cystic acne, the doctor can use laser treatment to help erase the scars.

Seeing a qualified dermatologist is imperative for not only clearing the skin and preventing permanent scars, but also to lessen the social and psychological withdraw symptoms and phobias that unfortunately go along with this common skin condition.

## Acne Treatment

There are many treatment options available for acne, including:

- At-home care – Cleaning the skin daily with mild soap and using water-based products
- Over-the-counter medications – Benzoyl peroxide, salicylic acid, toners, and acid peels

- Antibiotics – Topical and oral
- Retinoids – Topical and oral
- Hormonal therapy – Estrogen-based contraceptives and spironolactone
- Surgical therapy – Extractions for comedones, scar revisions for pitted, hypertrophic and keloid scars, subcision for pitted scars, carbon dioxide or erbium laser resurfacing and/or deep or medium depth acid peel
- Photodynamic therapy – Aminolevulinic acid with blue light exposure

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

## Clinical Research

ForCare Clinical Research is seeking participants in the Tampa area. Acne can have a serious impact on a person's life. 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.



# FORCARE

15416 North Florida Ave., Tampa, FL 33613

# The Link Between Hearing Loss & Alzheimer's Disease

**T**here is no cure for dementia including Alzheimer's Disease. That's why taking care of the body and brain on multiple levels is critical to staving off the onset of memory-related issues. This includes things like daily exercise, staying socially and mentally active, maintaining a healthy diet, getting proper rest and (perhaps surprisingly) protecting our hearing.

## How Are Hearing Loss and Cognitive Decline Connected?

It's important to note that not all hearing loss will result in cognitive disorders, but there is an interrelated reason why it may escalate a person's risk. Age-related hearing loss, known as sensory-neural hearing loss, is a normal part of growing older. Approximately 50% of people will have significant hearing loss by age 75. Preventing this type of hearing loss through things like avoiding loud noise exposure and getting early treatment for sensory-neural hearing loss is critical for maintaining good hearing.

Over the past decade, studies have also shown the negative effects of hearing loss on cognitive function. When there is auditory deprivation, AKA hearing loss, there is a significant reduction of activity in the area of the brain that processes communication. This area is the temporal lobe, which is considered the primary auditory cortex. It not only controls hearing, but also the way language is processed.

Individuals who struggle with hearing often become less social as a result, and therefore, their cognitive decline is affected by fewer interactions and reduced mental processing. It is also believed that decline in other special senses, like smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

Receiving early treatment (such as hearing aids) can help slow down the natural progression of hearing-loss-related cognitive decline. Nonetheless, hearing loss is progressive and tends to get worse with age in most people.

In all, it's important to do all we can to keep the brain engaged in social interaction and verbal communication, because when a person becomes isolated or has trouble communicating effectively, it tends to exacerbate the onset of dementia. Protecting and preserving hearing is one of the lesser-known items we can control, and that makes it something that's worth thinking about right now.

*Aston Gardens At Tampa Bay utilizes a nationally recognized curriculum within its SHINE® Memory Care neighborhood.*

## Aston Gardens Provides Multiple Living Options

Aston Gardens is among the Tampa Bay area's most sought-after communities. That's due in large part to its commitment to enriching the lives of each resident senior and their family by providing personalized care, welcoming living spaces, and superior amenities. There are also three, distinct living options, which include Active Independent Living, Assisted Living and the exclusive SHINE® Memory Care program.

### Active Independent Living

This lifestyle delivers the best of active senior living and includes some extended services such as restaurant-style dining, robust health and fitness programming, and a full calendar of activities and social events.

At Aston Gardens, spacious, well-appointed apartment homes and a limited number of for-sale villas come complete with full-size kitchens, in-unit laundry and many designer upgrades. There are also world-class amenities located throughout the Grande Clubhouse and elsewhere across the community. Those include multiple, casual and upscale dining venues; a heated, resort pool; bar and lounge; high-tech senior fitness center and more. Taken together, it's all part of a more flexible, choice-driven way of life; one that empowers seniors to lead an independent lifestyle on their own, unique terms.

### Assisted Living

This more care-focused living option was designed for seniors who enjoy living independently, but who need or could benefit from having some regular assistance with daily living activities such as bathing, ambulation, medication and/or insulin management and more. It also comes with a host of all-inclusive features and lifestyle services, things like daily, chef-prepared meals, personal laundry service, chauffeured transportation and specialized care plans designed to suit each, individual resident's needs and preferences.

Assisted Living provides 24-hour care and service from dedicated health and wellness professionals. Plus, at Aston Gardens, Assisted Living is all-inclusive, with residents paying just one price for full community access, amenities, and care and services.

### SHINE® Memory Care

Built upon a single foundational principle—personalization—SHINE® utilizes six (6) individual points of focus to create a holistic memory care plan that's made to fit each person's unique needs and capabilities. Those include:

- 1) Superior Communication
- 2) Team Member Training & Certification
- 3) My Story, a Personalized, Biographical Journey
- 4) Specialized Dining Programs
- 5) Life Enhancement Experiences
- 6) Safety-Minded Neighborhood Design

For utilizing the latest, scientific evidence and industry best practices, the SHINE® program curriculum in 2020 received a National Certificate of Recognition from the Alzheimer's Association®. The honor is a testament to the quality of the SHINE®, and shows that its person-centered approach is at the leading edge of the dementia care universe.

In all, the SHINE® program ensures the finest-quality memory care available anywhere, and Aston Gardens communities are among the fewer than 50 communities in the nation that have it!

### Why Aston Gardens?

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 dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Plus, Aston Gardens At Tampa Bay also offers one of the area's best values in senior living, with transparent pricing, three-year rent lock protection and no hidden fees.

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

**Call 813-438-7345 today or visit [astongardens.com](http://astongardens.com).**



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316





## Ovarian Cancer Symptoms Often Get Overlooked

By Parveen Vahora, M.D.

**O**varian cancer often has no early symptoms, or the symptoms are confused with other disorders. Because it often gets diagnosed in later stages, it can be challenging to treat. If you have persistent bloating, distention, or a sensation of being full, these can be warning indicators.

Don't ignore your symptoms, because the rate of the spread of ovarian cancer into the stomach or intestines can be rapid. Due to ovarian cancer's stealthy symptoms, it is often referred to as a "silent killer," but it doesn't have to be that way. There are several other early symptoms that often get overlooked; these include, constipation, pain that lasts for one week or more, urinary changes (frequency, urgency, pain), loss of appetite or feeling full quickly.

### Diagnosis

It's critical to get regular women's health and wellness exams. Your gynecologist is able to feel the ovaries and uterus to physically examine size, shape and any fixed growth. However, a transvaginal ultrasound (TVUS) is one of the best tools to diagnose ovarian cancer as well as other conditions such as fibroids and endometriosis, to name a few. There is also a blood test called CA-125, which can measure protein in the blood. Women with ovarian cancer tend to have high levels of CA-125 protein.

### High Risk

You are considered high risk, due to genetic disorders such as BRCA gene mutations, Lynch syndrome,

or a family history of breast or ovarian cancer. If you have ovarian cancer or a family history, you will qualify for genetic testing.

### Genetic Testing

A sample of DNA is collected with a small sample of blood or saliva, which is then analyzed in a lab to look for evidence of genetic disorders or vulnerabilities of specific diseases. The information gathered from genetic testing is a powerful tool that can help your physician tailor medical care and treatment just for you.

### Treatment

Ovarian cancer treatment is usually a combination of surgery and chemotherapy. Many times, one or both ovaries will be removed as well as the fallopian tubes, and in some cases a partial or full, Hysterectomy is recommended.

### Vulvovaginal Atrophy (VVA)

If you have undergone treatment for ovarian cancer, have had an oophorectomy or hysterectomy, vaginal changes occur quickly due to a disruption in hormones and vulvovaginal tissues. You do not have to live in pain and discomfort. There are viable treatments that have helped countless women find relief and turn back the clock. Along with hormone replacement, there is an innovative procedure called MonaLisa Touch®.

### MonaLisa Touch®

Now it's possible to have relief from vulvovaginal atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vulvar and vaginal mucosa. No medications, no cutting, no lengthy healing times: This innovative laser therapy is for VVA. It's quick, efficient, and can be safely performed in the comfort and privacy of Dr. Vahora's office. With this treatment, women no longer have symptoms of dryness, pain, itching, or irritation. Women can enjoy intimacy once again. The MonaLisa Touch® treatment also helps urinary symptoms such as incontinence and urgency.

### REGULAR WOMEN'S WELLNESS EXAMS ARE ESSENTIAL

### 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.

### IF YOU HAVE BEEN PUTTING OFF YOUR GYNECOLOGICAL EXAM OR WELLNESS VISIT, NOW IS THE TIME TO MAKE AN APPOINTMENT.

Contact us today to schedule an appointment at [Info@ParveenVahoraMD.com](mailto:Info@ParveenVahoraMD.com) or during office hours call (727) 376-1536 or text (813) 548 4412.

To find out more, please visit [ParveenVahoraMD.com](http://ParveenVahoraMD.com) or email [info@ParveenVahoraMD.com](mailto:info@ParveenVahoraMD.com).



**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.*



# GAINSWave Technology Can Help with Prostate Cancer Side Effects

BY DR. ROBERT LUPO, D.C.

**P**rostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way; just a simple examination and getting regular checkups can alleviate these grim statistics.

Even though there are rarely signs of early prostate issues, some of the most common symptoms of the disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

## Screenings

There are several different standard tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second testing is done through a PSA (prostate-specific antigen) count. The blood is tested for these specific protein-synthesized prostate cells, the higher the number of PSA, the more likelihood of impending prostate cancer. These screenings can't tell for sure if you have cancer, so diagnostic testing is needed if one of these screening tests is abnormal.

## Cardiovascular Conditions

Some of the side effects and symptoms of prostate cancer and prostate disorders can lead to erectile dysfunction. Erectile dysfunction is related to cardiovascular issues like high blood pressure or atherosclerosis (hardening of arteries). Erectile Dysfunction (ED) is deeply related to **vascular health**. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED, and it definitely doesn't treat the cause.



Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

## GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time, and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of

new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

## Don't Just Mask Your Symptoms

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

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.

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*where wellness and beauty meet*

**Physical Medicine Center, Inc.**

14522 University Point Place  
North Tampa, Florida 33613

813-978-0020

[www.RidetheGwave.com](http://www.RidetheGwave.com)





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- **Spinal Decompression Therapy**
- **ALCAT Food Allergy Testing**
- **Trigger Point Injections**
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- **Headaches/Migraines**
- **Chiropractic Care**
- **Hormone Replacement Therapy**



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# The Importance of Researching Your Dermatology Office: Are You Getting The Best Care?

**T**he health of your skin shouldn't be overlooked. When it comes to getting screenings, medical dermatology care, and aesthetic procedures, it's critical that you make informed choices as to which provider is best for you and has the most advanced training, experience, and outcomes.

When researching any physician or specialist, it's essential that your provider is board-certified. At ForCare Dermatology, they have several physicians and practitioners, all of which are board-certified with advanced training and experience in dermatologic care. The three ForCare dermatologists are all fellowship-trained, have notable experience, and are well-respected by their peers. The staff is under the direct supervision of Dr. Seth Forman, a well-regarded dermatologist who is known nationally for his expertise and innovation.

**ForCare physicians and staff always put patients first and provide exceptional care.**

## MEDICAL DERMATOLOGY

### Skin Cancer Screenings

A skin cancer screening is a visual assessment of your skin by Dr. Forman and trained professional staff. All areas of the skin are examined from the scalp down to the toes. The medical professional team will look for any suspicious lesions like basal cell carcinoma, squamous cell carcinomas, atypical moles, and malignant melanoma. It is recommended to have a yearly skin cancer screening with your dermatologist.

### New Bladeless, Superficial Electron Therapy (SET) for Skin Cancer

Superficial electron therapy, also known as electron-beam therapy, is a non-invasive alternative to surgery for non-melanoma skin cancer, specifically basal cell carcinoma and squamous cell carcinoma. 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. 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.

*\* ForCare Dermatology offers numerous medical dermatologic treatment options.*

### Aura MedSpa

ForCare also offers aesthetic dermatology procedures and treatment options through Aura MedSpa, and they are one of the only dermatology centers to have an onsite clinical research team as well.

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- Sculptra Aesthetic®
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- Skinceuticals MicroPeel 30
- Skinceuticals Pigment Balancing Peel
- Ultrasonic Cavitation
- Xeomin®
- ZO 3 Step Peel
- ZO Stimulator Peel

### 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.

### 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.*



**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.

To schedule your appointment, please call ForCare today at 813-960-2400.



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

**Call Today for More Information! 813-788-3969**

# Studies Show HBOT Can Increase Neuroplasticity After Stroke

**W**orldwide, one on six people will suffer from a stroke and of those, one-third will experience a recurrent stroke.<sup>1</sup> 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.<sup>2</sup>

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](http://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

References:

1. Bogousslavsky J, Aarli J, Kimura J, Board of Trustees WfoN. Stroke: time for a global campaign? *Cerebrovascular diseases*. 2003;16(2):111-113.
2. A. Hadaniy, S. Efrati, Shamir Medical Center, "Hyperbaric oxygen therapy improves neurocognitive functions of post-stroke patients – a retrospective analysis."  
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# Tampa Bay's Health & Wellness Magazine



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

The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a search bar and navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a protective hat. Below this, there are sections for "Read Our Flip Book Version" showing three magazine covers, and a "Featured Article" titled "The Other Side of Parkinson's Disease" with a photo of a man and a child. On the right side, there's a sidebar with "In This Issue" highlights and a "SIGN UP FOR OUR NEWSLETTER" form with fields for Name and Email.

# Hope and Optimism

By Pastor Timothy L. Neptune

**H**ope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!





## 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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