

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

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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

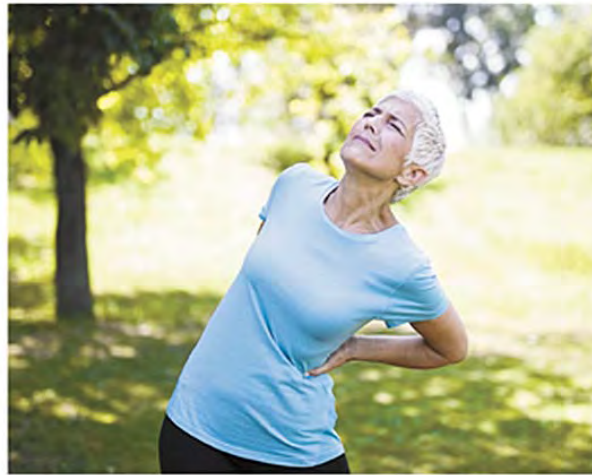
The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (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!



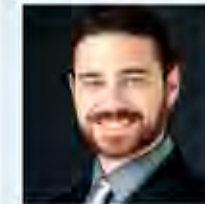
Dr. James Leiber

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 And FAOASM-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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Hyperbaric Oxygen Therapy Increases Stem Cell Mobilization

Before we are fully formed human beings, in our fetal development stages, stem cells are continuously being produced. Fetal and embryonic stem cells are called, pluripotent. Pluripotent stem cells have the ability to develop and function into other types of stem cells, which helps our bodies grow within the womb.

The benefit of our fetal stem cells lies within the membrane. The membrane produces cells that can regenerate and become any one of many different types of cells. For example, the nervous system, bones, cartilage, skin and essentially every cell in the body can regenerate and renew. The majority of our adult stem cells (somatic) do not have this same ability. Somatic cells generally remain in a dormant state (quiescent) unless they are called into action due to sickness or adverse conditions. However, if there is a chronic underlying disorder, infection and/or illness, these cells typically become depleted with aging, and over time, our bodies have difficulty repairing and regenerating it's cells.

Stem cells are found throughout our entire body. The cells in our vessels, skin, and arteries are known as epithelial stem cells. The cells in our brains are called neural, and in several studies back in the 1990's, these neural stem cells were shown to help the brain's three primary cells regenerate and repair itself. Stomal cells support blood, cartilage, and fat.

The most impressive stem cells that we have are found in our bone marrow. These are called hematopoietic cells. Bone marrow stem cells are able to renew and differentiate themselves into all other types of stem cells. The can be mobilized out of the marrow and into the bloodstream to help the body repair itself wherever it is needed.

Of course, there are options for external embryonic stem cells to be transplanted in vivo, but there is still a lot of controversy and concern with those procedures. The good news is that with Hyperbaric Oxygen Therapy (HBOT), our stem cells have been studied and show extraordinary results of regeneration. This is especially true with bone marrow stem cells.



Nitric oxide in the bone marrow helps these stem cells to proliferate, and Hyperbaric Oxygen Therapy increases nitric oxide production, and therefore, increases the bone marrow's stem cells mobilization into the bloodstream.

A study done by a group of researchers at SUNY (State University of New York) was incorporated so that they could examine the mobilization of stem cells while a patient is under hyperbaric oxygen therapy. These researchers already knew from their previous work that stem cells have the unique ability to regenerate and renew bone marrow derived-stem cell and progenitor cells by a free radicalized mobilization while under HBOT. However, this study is of particular importance because they looked at how increasing the oxygen pressure ranges, or ATA (atmospheres absolute) could potentially produce even more amounts of stem cells. The results were remarkable.

At the 10th and 20th HBOT treatment, measurements of blood stem cell counts were done before and after hyperbaric oxygen therapy was given at 2.5 ATA. The conclusion of the study showed a stem cell growth of 2400 times the amount of Pluripotent stem cells. Pluripotent stem cells have the availability to turn into many different stem cells forms and help to regenerate all areas of the body.

This study alone is changing the way medical professionals are looking at HBOT as an alternative therapy and off-label treatment for various diseases and disorders.

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

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, 365 days a year.

Currently, There Are 15 FDA Approved HBOT Conditions:

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



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

Common Off-Label Indications:

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

References: CD34+/CD45-dim stem cell mobilization by hyperbaric oxygen – changes with oxygen dosage
S. Thom, Stem Cell Res. Author manuscript, PMC 2015 May 1.

To find out more, or to schedule your appointment today, please call
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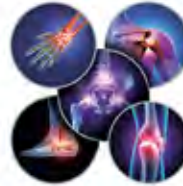
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Metastatic Breast Cancer

Metastatic breast cancer is not a specific type of cancer; it is breast cancer that has metastasized into other areas of the body such as the bones, lymph nodes, lungs, liver, or brain. When breast cancer cells divide, invade, and proliferate into an area like the lungs, it is not referred to as lung cancer, but rather breast cancer within the lungs. This type of cancer is advanced and usually is at stage IV. It's estimated that more than 154,000 women in the U.S. have metastatic breast cancer.

Metastatic Breast Cancer Treatment

No matter where it has grown within the body, since these are breast cancer cells, it is treated with breast cancer therapies. The type of treatment option an oncologist recommends is determined by the kind of breast cancer that is diagnosed. For example, if it is triple-negative (no receptors), immunotherapy in combination with chemotherapy are common forms of treatment. Other types of metastatic breast cancer may be treated with hormone therapy, HER2 targeted therapies, along with various cancer drugs or immunotherapy options.

Because of the late stage and rapid proliferation, metastatic breast cancer is closely monitored with ongoing blood tests, biopsies, and imaging such as CT scans and MRIs. Mammograms have helped to diagnose breast cancer early and to eliminate metastasizing cancer and deaths.

Early diagnosis saves lives, and it is critical for treating any cancer effectively.

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.

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By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



Everything You Need to Know About the Pfizer Vaccine Approval from FDA

There is a significant milestone in the fight against COVID-19.

The COVID vaccine developed by Pfizer Inc. and BioNTech SE received full approval by the U.S. Food and Drug Administration (FDA) on Aug. 23, 2021. This is great news as the Delta variant continues to spread across the country.

What does this new development mean for you? Here is everything you need to know about the Pfizer vaccine and its full approval.

Vaccine Development

Pfizer's COVID vaccine, also marketed with the brand name Comirnaty, is developed using messenger RNA (mRNA) methodology to protect against infectious diseases. While the use of mRNA for vaccines is new, the technology has existed for decades. The COVID-19 pandemic has provided the opportunity to take this well-researched technology and put it to good use.

The mRNA vaccines make a safe, nontoxic "spike protein" that triggers an immune response inside the human body. This immune response, which produces antibodies, helps people gain protection and prevent them from getting seriously ill or hospitalized with COVID-19.

Status of Approval

The Pfizer vaccine, which received full FDA approval in Aug. 2021, is considered highly effective, safe and reliable for the prevention of COVID in individuals 16 years of age and older. This vaccine has met the FDA's highest standard of safety, effectiveness and manufacturing quality required for an approved product. The vaccine, which has been available under the FDA's emergency use authorization since Dec. 2020, is the first COVID-19 vaccine to receive full FDA approval.



The Pfizer vaccine for individuals 12 to 15 years old continues to be available under FDA's emergency use authorization (EUA), including the administration of an additional dose in certain immunocompromised individuals. Although an EUA is granted during a public health emergency, the approved vaccines have still undergone rigorous and comprehensive safety testing to achieve this status.

Approval Process

In order to receive the full FDA approval, the Pfizer vaccine went through a rigorous review process. FDA reviewed comprehensive data including longer-term, follow-up data from the Phase 3 trial, where the vaccine's high efficacy and favorable safety profile were observed up to six months after the second dose. They also reviewed manufacturing and facilities data required for licensure.

Why it Matters

The Pfizer's full FDA approval is an important step in the fight against the pandemic. Scientists and health care experts hope this approval boosts confidence in the vaccine and encourages more people to get vaccinated. The vaccine has shown to be highly effective against COVID, including the Delta variant. The vaccines help prevent severe illness, hospitalization and death.

Get the Vaccine

Scientific data has shown that COVID-19 vaccines approved by the FDA (whether this approval is a full FDA approval or under EUA) are safe and effective.

The fully approved vaccine from Pfizer and other vaccines from Moderna and Johnson and Johnson, which currently are available under the FDA's emergency use authorization, have proven to work against COVID, including the highly contagious Delta variant.

That's why BayCare urges everyone who is eligible to get vaccinated. Vaccines, which now are widely available at many county-run sites and local retailers, are the best line of defense against serious complications from a COVID infection.

To learn more about COVID vaccines and local vaccine sites, visit [BayCare.org/Coronavirus/Vaccines](https://www.baycare.org/Coronavirus/Vaccines).



Are Your Eyes Aging You?

Wrinkles, puffiness, and sagging skin—Why is it that the eyes seem to age so much faster than the rest of our face? Droopy, sagging upper eyelids and bags under the eyes can be natural parts of the aging process, but they can also negatively affect your self-confidence. If the appearance of your eyes concerns you and you've tried nonsurgical options, you may want to consider blepharoplasty, also referred to as eye lift or eyelid surgery. It may also be an option if sagging eyelid skin is making it harder for you to perform daily activities. "If a patient has excess skin or droopy upper eyelids, an upper lid blepharoplasty with or without a ptosis repair is usually the most effective treatment," said Roshni Ranjit-Reeves, MD, an oculofacial plastic surgeon at the Oculofacial Surgery and Cosmetic Laser Institute.

Cosmetic Eyelid Surgery Helps You Look Better

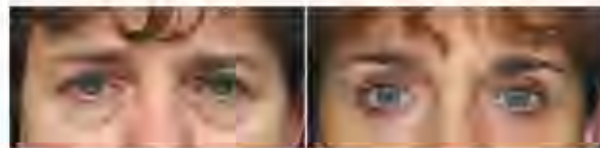
Blepharoplasty is a cosmetic procedure typically performed to improve the appearance of the eyes. With age, eyelid skin stretches, muscles weaken, and fat under the eyes becomes more prominent. The result can be eyes that look tired or older. Upper blepharoplasty removes excess eyelid skin to give your face a more rested look. Lower lid blepharoplasty can be done to remove under-eye bags. Laser skin resurfacing is often performed at the same time to help smooth out under-eye wrinkles, stimulate collagen, and improve skin texture. "The goal of cosmetic eyelid surgery is not to drastically change your appearance," explained Dr. Rosh. "It is to make your eyes look more rested and youthful." Cosmetic eyelid surgery performed solely to improve appearance is not covered by insurance.

Medically Necessary Eyelid Surgery Helps You See Better

When weakened upper eyelid muscles cause droopy eyelids to obscure peripheral vision, everyday tasks like reading or driving can be difficult. Some people develop a persistent brow ache from constantly using their forehead muscles to raise their eyelids. In such cases, upper eyelid blepharoplasty with ptosis repair (surgery to raise the height of the eyelid) may be recommended. Upper lid blepharoplasty and ptosis repair may be covered by insurance if deemed medically necessary.

Options for Eyelid Surgery

There are three types of blepharoplasty. The right one for you depends on your individual needs. These procedures are often done under local anesthesia or minimal sedation in an outpatient surgery setting or in the office. Upper and lower eyelid surgery with laser skin resurfacing takes about 90 minutes in total.



- Upper blepharoplasty removes excess eyelid skin and fat from the upper eyelid with the goal of a more youthful upper eyelid shape.
- Lower blepharoplasty removes fat pads from under the eyes to diminish under-eye bags. Excess skin removal and laser resurfacing can be performed at the same time to smooth out the wrinkles and improve skin texture.
- Upper and lower blepharoplasty combines the two surgeries. If needed, they can be performed at the same time.

Choosing a Surgeon for Your Blepharoplasty

If you're considering blepharoplasty, look for a doctor who specializes in the procedure. For example, Dr. Rosh said, "It's the surgery I perform most often." As an oculoplastic surgeon, she is board-certified in ophthalmology and oculofacial surgery. She completed an ophthalmology residency and additional fellowship training in plastic and reconstructive surgery on the eyes and face.

How Long Do Blepharoplasty Results Last?

While nothing can stop the aging process, the results of blepharoplasty tend to last. In general, Dr. Rosh said, people are happy with their appearance for many years following the procedure.

CO2 Laser

Dr. Rosh of *Oculofacial Surgery and Cosmetic Laser Institute*, uses an advanced blepharoplasty technique. As opposed to a scalpel blade, she uses a Carbon Dioxide (CO2) Laser. This reduces operative time and creates less bleeding. The CO2 laser procedure will help to alleviate pain, bruising, swelling and provides Dr. Rosh greater intraoperative visibility for more precise treatment. The patient will also experience quicker healing times than with traditional scalpel incisions.

Dr. Rosh uses advanced techniques to create natural looking and conservative aesthetics for her patients. Dr. Rosh may also suggest use of a laser skin resurfacing to stimulate collagen and reduce darkness and smooth out wrinkles under the eyes..

Conservative Treatment Options

There are alternative treatments to surgery. Many patients are pleased with the results of laser therapy, injectable fillers, fat grafts, and medical-grade serums and treatments.

Making sure you choose a qualified physician is essential.



Roshni Ranjit-Reeves, MD – "Dr. Rosh"

Dr. Rosh specializes in plastic surgery and reconstruction of the eyes and their surrounding structures, including the eyelids, eyelashes, orbit, eye socket, and lacrimal system.

She offers a full range of facial rejuvenation services from non-invasive photofacials to minimally invasive procedures such as fillers, neurotoxins, and laser skin resurfacing in addition to surgery which allows for a multifaceted approach to the anti-aging process.

Photofacials allow for a targeted approach to improve pigmentation, vessels, and overall skin tone and texture. Minimally invasive injectable fillers and neurotoxins allow for a synergistic approach to wrinkles and collagen stimulation to soften age lines and stimulate collagen production. Laser skin resurfacing erases wrinkles and is used in conjunction with oculofacial surgical procedures.

Dr. Rosh uses medical grade skin care to maintain the effects of surgical procedures to rehydrate and restore collagen for youthful skin. She has presented and served as a panel member, speaker, and instructor at national meetings.

Services Provided:

- Injectables: Neuromodulators
- Injectables: Fillers
- Laser Skin Resurfacing (CO2)
- Laser Skin Resurfacing (Erbium)
- Photofacials (BBL)
- Medical Grade Skin Care
- Upper Lid Blepharoplasty
- Lower Lid Blepharoplasty
- Brow Lift
- Ptosis
- Ectropion
- Entropion
- Eyelid Tumors
- MOHS Reconstruction
- Tear Duct Surgery
- Thyroid Eye Disease
- Orbital Tumors
- Blepharospasm
- Hemifacial Spasm

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Please call 813-303-0123 to schedule your consultation, or to find out more, please visit DoctorRosh.com.

Breast Cancer Changes Women's Lives in Numerous Ways—What You Should to Know

By Parveen Vahora, M.D.

Early breast cancer diagnosis is what spares lives and offers survival and longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stages due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

Advanced Diagnostics

Mammograms, breast ultrasounds and MRIs have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings and women's wellness exams are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is critical.

Breast Cancer Risk Factors

- Age
- Cancer Recurrence
- Overweight
- Hormone replacement therapy
- Alcohol consumption
- Environmental toxins
- Dense breast tissue
- Unhealthy lifestyle & diet
- Menstrual onset before 12 yrs.
- Menopause after 55 yrs.
- Family History (sister mother, daughter)
- Genetics (*BRCA1 and BRCA2)

*BRCA mutations put you at a higher risk for ovarian cancer as well

High Risk and Hormonal Replacement Issues

In some cases, if you are positive for a BRCA mutation, your gynecologist and surgeon may recommend that you have a partial or full hysterectomy. These precautionary surgeries will reduce your risk of breast cancer by 50% and ovarian cancer by approximately 90%. However, this will cause your body to go into a menopausal state early.

Multiple studies suggest it's not safe to receive any hormonal estrogen therapy if you have the BRCA gene. One school of thought is that it intensifies further cell mutations in breast cancer.

When you have early onset menopause caused by surgery, your symptoms, and risk factors are just as uncomfortable as if you were going through the change naturally. These symptoms can cause hot flashes, weight gain, and very painful intercourse. Whether you can't take estrogen or choose not to, for women of all ages, it's unfair to experience these distressing symptoms, especially sexual discomfort with your significant other.

Vulvovaginal Atrophy (VVA)

If you have had breast cancer and are in menopause naturally, or if you've had your ovaries removed due to cancer risks or had to take medications to treat your breast cancer or to prevent future breast cancer, you may experience vaginal dryness and or discomfort with intimacy. Usually, your doctor will not recommend any hormonal treatment. However, you may be a candidate for vaginal revitalization by the Mona Lisa 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 or during office hours call (727) 376-1536 or text (813) 548 4412.

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



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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CURRENTLY ENROLLING TRIALS:

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

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FORCARE
CLINICAL RESEARCH

Pediatric Migraine Headaches

Many children that suffer from migraine headaches are living in pain. This is because most cases go undiagnosed or misdiagnosed, as young children are less likely to be able to describe their symptoms, and many adults and even physicians might think their pain is associated with something else.

Children often experience pain on both sides of their head (adults usually have pain on one side). They are frequently sensitive to light and smells during a migraine. Children are also more susceptible to nausea and vomiting during their migraine episode and once they vomit, their symptoms usually subside.

Migraines can affect children occasionally, frequently, or daily. While some are sharp and piercing, others can be dull and throbbing. Getting a proper diagnosis is the first step to ruling out any other causes or concerns and for getting the proper treatment for your child.

Usually, NSAIDs like ibuprofen are ineffective at reducing pain, and they certainly don't address nausea and vomiting that are so commonly associated with migraines. If your child has four or more migraine headaches per month, they are at risk for developing chronic migraines over time. However, all migraines are disruptive and painful for children, making schoolwork and other activities difficult.

Several conditions and dietary influences exacerbate migraines:

- Allergies
- Bright lights
- Spine disorders
- Cheese
- Chocolate
- Preservatives
- Sleep disturbances
- Stress
- Strong odors
- Tight neck and shoulder muscles
- Weather conditions (barometric pressure)
- Teens: hormonal imbalance



Some children have prodrome, which can precede migraine episodes. Some of the prodrome symptoms are fatigue, mood swings, food cravings and environmental stimuli to lighting and odors.

It can be challenging to treat pediatric migraines effectively. If your child suffers from migraines, ForCare Clinical Research is conducting several clinical trials testing new medications to treat and prevent migraines.

ForCare Treatment for Migraines:

There is no cure for migraines. However, medications can treat symptoms when they arise and may help prevent future episodes.

Common treatment options include:

- Pain-relieving medications: Over-the-counter pain relievers, triptans, dihydroergotamine, anti-nausea drugs and lasmiditan.
- Preventative medications: Blood pressure medications, antidepressants, and anti-seizure drugs.
- Lifestyle and home remedies: Biofeedback, developing a sleeping and eating routine, drinking plenty of fluids, and exercise.

At ForCare Medical Center, we can help you manage your child's symptoms caused by migraines and find relief. While there are treatment options available, ForCare Clinical Research is paving the way for newly developed treatments with advanced clinical trials.



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
MEDICAL CENTER

15416 North Florida Ave., Tampa, FL 33613

Living With Psoriasis Is Agonizing:

What Are Your Treatment Options?

Psoriasis is a common skin disorder that affects 125 million people globally; however, many people don't realize it is an autoimmune disease. When the body's immune system is triggered, skin cells become overactive and produce more skin than what can naturally be sloughed off, resulting in red, irritated skin with dry patches that eventually peel. It can affect the scalp, ears, feet, limbs, and everywhere in between.

Psoriasis is an outbreak that causes a "rash" on the skin, but it can also affect the nails, tendons, and joints. Some of the most common symptoms are red rashes or spots, dryness, cracking, flaking, peeling, depression, and joint pain.

Psoriasis is a progressive disorder and can, in extreme cases, turn into psoriatic arthritis, which is an inflammatory arthritis (also autoimmune). The typical treatments for psoriasis are medications to reduce pain, topical treatments, corticosteroids, laser, photo-light therapy, biologic medicine, and in advanced cases of psoriatic arthritis, systemic therapies, surgery to replace the affected joints.

Getting a few minutes of sunshine each day is also a great way to control and improve psoriasis patches. It's important to note that getting a sunburn is a bad idea, as this will only aggravate your psoriasis along with the harmful UV exposure that damages your skin and overall health.

Because psoriasis is an autoimmune disease, adhering to a diet that doesn't intensify autoimmune symptoms can be very helpful. Avoiding things like gluten, sugar, and dairy can help control outbreaks.

DETAILS ON ADVANCED TREATMENT OPTIONS

Laser Therapy: An in-office treatment, laser therapy offers excellent results without damaging healthy skin. Your practitioner will use a hand-held laser wand and place the laser light on the psoriasis patches for a few seconds, and it does not touch or affect the surrounding skin. It usually requires two sessions each week. Based on the severity of your psoriasis, your dermatologists will adjust the dosage of laser light.



Photo-Light therapy: PUVA is a long-lasting treatment that utilizes UVA light, and topical or an oral medication called Psoralen, which treats psoriasis quickly and effectively. However, it should be reserved for severe cases and should not be overused, as it can increase the risk of skin cancer. This treatment is done in the office approximately two times per week for 20 to 30 minutes at a time.

Biologic Medicine: The plaque and patches on the skin are formed when the skin cells and white blood cells adversely interact. Biologic therapy mechanisms do a few things to counteract this reaction. It works by interrupting the T-cell formation, which is a type of white blood cells. It also blocks a primary messenger chemical to protect immune function, blocks interleukins (cytokine storm), and inhibits inflammation.

ForCare Medical Group in Tampa, FL

ForCare medical Group 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, 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.

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



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Why 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.

GROWTH FACTOR DETAILS

Growth factors are diffusible signaling proteins that are responsible for numerous functions such as tissue and muscle repair, cellular renewal, regulating metabolism, sleep patterns, and inflammatory responses, to name a few.

BioPro+ GOES MULTIPLE STEPS BEYOND TRADITIONAL GROWTH HORMONE THERAPY

BioPro+ is an easy-to-take sublingual that is an effective alternative to painful, invasive, and expensive hormone treatments. These are physician-approved medications that reverse the effects of aging. BioPro+ was established over a decade ago, and the effective results speak for themselves. It's trusted by thousands of the nation's leading practitioners.

Made from 13 different bioidentical growth factors, BioPro+ offers superior outcomes in balancing hormones, decreasing insulin sensitivity, increasing mitochondria and nucleic acids to modulate and regenerate at the cellular level.

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HOLISTIC HEALTH FROM THE INSIDE OUT

BioPro+'s advanced ingredients turn back the hands of time to help you feel younger and live a healthier version of yourself with greater longevity.

- Burn Fat and Lose Weight
- Stronger Sex Drive and Libido
- Boost Energy and Vitality
- Healthier Skin and Hair
- Recover faster from workouts and injury
- Strengthen Immune System
- Improve Sleep, Brain Fog, and Mood

BioPro+ IS EXCLUSIVE

BioPro+ is only available through their website or in the offices of their certified physicians. You won't find them at local health stores or any of those big retail sites. Check out on their website is easy, you can select your physician of choice, or one will be provided for you.

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.

TECHNOLOGY HELPS KEEP YOU ON TRACK

If you don't take the product, you can't reap the benefits. That's why BioPro+ comes with the first of its kind interactive mobile patient system that's integrated right to your smart phone. Best of all the system is 100% free and maximizes results through personalized profiles, progress tracking, automated reminders, and much more.

To learn more or to get started today visit BioProteintech.com, call 1-800-280-2456, or email info@bioproteintech.com.

How the comprehensive mobile system works:

- Order your product
- 28 individual daily dose vials
- Daily automated reminders directly to your smartphone or device
- Interactive tracking calendar
- Easy-to-take sublingual
- Genetically activated formulations

FASTER

28 individual daily dose vials absorb directly into the bloodstream for fast-acting relief.

EASIER

Skip the doctor's visit and order online with instant physician approval.

SAFER

100% safe and effective with zero side effects or complications with other medications.

DON'T TAKE OUR WORD FOR IT— SEE WHAT OUR PRACTITIONERS AND CLIENTS HAVE TO SAY.

"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, Info@bioproteintech.com or call 1.800.280.2456.

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

Treating Shoulder Pain Successfully with Radiofrequency

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

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

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

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

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

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

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



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

Surgery is Not Always the Answer

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

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

Nerve Blocks and Radio Frequency

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

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

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

Regenerative Medicine

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

More on Exosomes

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



Dr. Sunil Panchal

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

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

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

VOLUNTEER FOR BETTER HEALTH

You may think volunteers help people in need and improve your community. But did you know the benefits of volunteering can be just as great to You? The right volunteer opportunity can improve your mental and physical health. Check out these 6 health benefits of volunteering.

1. Volunteering improves social connection.

When we come together for a common purpose, we create community. Studies have shown daily social interaction can significantly increase life expectancy. You can have social interaction simply by volunteering in the community, but when you choose a volunteer activity you are passionate about the impact increases, providing an opportunity to meet other like-minded individuals with similar interests. This opens the possibility to build meaningful friendships that last long after the volunteer event is over.

2. Volunteering reduces stress.

Whether we are working with children, veterans, or seniors, a purposeful volunteer experience can take our mind off our worries and focus our attention on someone or something else. The more valuable the experience, the more we feel satisfied with giving of our time and talents, and that results in improved mood and less stress.

3. Volunteering helps you stay physically active.

There are many fun ways to be active as a volunteer without committing to strenuous work. You can garden, tutor a child, or help at a food pantry. Getting you out of the house and moving your body helps you stay healthy.

4. Volunteering provides an opportunity to learn.

Continuing to learn at any age does good things for your brain. Research shows learning keeps brain cells working at optimum levels, which can limit cognitive and memory decline as we age. As long as you are acquiring new knowledge, you are keeping your brain healthier.

5. Volunteering decreases the risk of depression.

Not only does volunteering prevent social isolation that can lead to depression, it also increases motivation by providing a sense of accomplishment. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.



6. Volunteering gives a sense of purpose.

Psychologists encourage those who have experienced loss, retired from a career, or live with a chronic disease to volunteer, because it can occupy their time in a meaningful way, giving them a new purpose. Volunteering can give you a sense of pride and identity. The better you feel about yourself, the more likely you are to have a positive outlook on life.

GET THE MOST OUT OF THESE HEALTH BENEFITS

It's important to find the volunteer opportunity that's right for you. Here are some things to consider to ensure you have a positive experience and maximize the health benefits of volunteering. Find a cause you care about.

Giving your time to a cause you care about will bring even greater joy and fulfillment to volunteering, maximizing your sense of purpose and social fulfillment.

In-person or remote? Your safety is important.

COVID-19 is still a factor. Not ready to volunteer in-person? There are many opportunities to help remotely from the comfort of home. Want to connect with others in person who share your commitment to personal and community health? Look for opportunities to serve with organizations that follow CDC and local guidelines to stay healthy and safe.

Look for a volunteer commitment that works for your schedule.

Volunteering should reduce stress, not create stress by overcommitting. There are volunteer opportunities for every schedule. Look for the one that's right for you. Giving even just a little time can have a big impact.

Know your abilities and be ready to share them.

You may find an organization you are passionate about, but their current volunteer opportunities don't work for your schedule, abilities, or comfort level. If you have a skill that could benefit them, don't be afraid to speak up and offer your services. You just might be the volunteer they need.

Seniors in Service partners with nonprofits in Pasco, Pinellas, and Hillsborough Counties to help individuals 55 and better find the perfect volunteer opportunity. We match you with a service opportunity that fits your passion, schedule, and abilities. Start living with purpose. Volunteer today. Learn more at www.SeniorsInService.org or call Chris 813-492-8916.



SENIORS in SERVICE
GEARED UP TO SERVE

Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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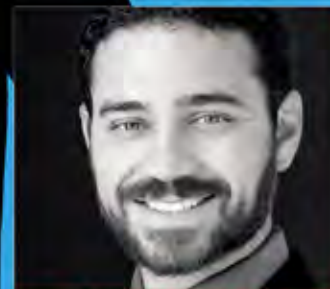
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