

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

October 2021

St. Petersburg/St. Pete Beach Edition - Monthly

www.healthandwellnessFL.com

FREE  



JAMES LEIBER, DO
Founder and Medical Director



RON TORRANCE II, DO, FAOSM
Sports Medicine Physician



IGNATIOS PAPAS, DO
PM&R Physician



SPINE PAIN TREATMENTS

New FDA-Compliant Non-Surgical
Orthopedic Advancements
Bring Hope and Relief
For Chronic Spine Conditions



Regenexx[®]

At New Regeneration Orthopedics

The Trusted Alternative to Orthopedic Surgery

DR. JAIME™

LICENSED MENTAL HEALTH COUNSELOR. LIFE COACH. MOTIVATIONAL SPEAKER. AUTHOR.

TRANSFORMING LIVES ONE CLIENT AT A TIME

ADOLESCENT COUNSELING OR COACHING

Get Through to Your Teen!

Your teen will get help and guidance on:
Prioritizing/Procrastination, Anxiety/Depression,
Relationships/Peer Groups, Social Media,
College Prep and Family Issues.

INDIVIDUAL COUNSELING OR COACHING

Improve Your Personal and/or Business
Well-Being | One-on-one sessions for
women, men, teens and families.

COUPLES COUNSELING

Create/Rebuild a Strong Relationship
Gain insight into your relationship,
resolve conflict, increase communication
and improve relationship satisfaction.
Find passion, again.



SESSIONS OFFERED
VIRTUALLY AND IN PERSON

WWW.DRJAIMEK.COM
JAIME@MINDFULREHAB.COM

AS SEEN ON



Keeping You Healthy and Safe



About BayCare Medical Group

BayCare Medical Group is Tampa Bay's multispecialty physician group, with more than 600 providers practicing in 46 specialties at more than 170 locations.

Your Source for Primary Care

Health care is intensely personal. You need a physician who provides a sense of security and trust. BayCare Medical Group primary care physicians build a real relationship with you. You'll receive excellent, compassionate care, close to home.

- Find your new primary care physician at Doctors.BayCare.org.
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

Your Specialist Resource

BayCare Medical Group specialists focus on quality and personalized care. All specialists are board certified and highly experienced. Need help finding a specialist? Let our Customer Service Center help you: (855) 466-6686

Find your new primary care doctor at BayCareMedicalGroup.org.

We've enhanced our safety measures to protect your health. We're screening everyone for fever and COVID-19 symptoms prior to entering our office. All doctors, team members and patients are required to wear masks and we're sanitizing the clinic throughout the day.



BioPro+™

FASTER.EASIER.SAFER.

BIOIDENTICAL ALTERNATIVE TO HGH



- ✓ Pain Free
- ✓ Non-Invasive
- ✓ Affordable



\$30 OFF
WITH CODE
HW2021

FIX MY:



HORMONES



LIBIDO



WEIGHT



SLEEP

HOW TO
ORDER



1. Scan the QR code or go to BioProteinTech.com
2. Select the BioPro+ Product that fits your needs
3. Choose your provider at Checkout
4. Receive BioPro+ right to your door!

BP BioProtein
TECHNOLOGY

@BIOPROTEINTECHNOLOGY
 @BIOPROTEINTECH
 BIOPROTEIN TECHNOLOGY

1.800.280.2456
 INFO@BIOPROTEINTECH.COM

CONTENTS

OCTOBER 2021

- 6 Lumbar Spine Pain: Symptoms, Causes & Treatments
- 8 All Treats, No Tricks at The Woodhouse Day Spa - St. Pete
- 9 Metastatic Breast Cancer
- 10 Five Ways to Balance Life & Social Media
- 12 Everything You Need to Know About the Pfizer Vaccine Approval from FDA
- 13 Are Your Eyes Aging You?
- 14 Aging Well: A Better Alternative to Traditional HGH
- 15 Pediatric Migraine Headaches
- 16 Living With Psoriasis Is Agonizing: What Are Your Treatment Options?
- 18 Spiritual Wellness: Cancer.

CONTACT US

OWNER / ACCOUNT EXECUTIVE

BOB GUCKENBERGER

(727) 515-2353

bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING

sonny@gwhizmarketing.com

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

To get your article published and for ad rates, call
St. Petersburg/St. Pete Beach
Bob Guckenberger - 727.515.2353

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

DOCTOR ROSH

OCULOFACIAL SPECIALIST

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

Natural. Refreshed. Rejuvenated.

Oculofacial Surgery &
Cosmetic Laser Institute

24420 State Road 54 | Lutz, FL 33559



Cosmetic Services

- Injectables: Neuromodulators
- Injectables: Fillers
- CO2 Laser Peels
- Erbium Laser Peels
- Photofacials (BBL)
- Medical Grade Skin Care
- Upper Lid Blepharoplasty
- Lower Lid Blepharoplasty
- Brow Lift
- Lip Lift
- Ear Lobe Repair

Functional Services

- Blepharoplasty
- Ptosis
- Brow Lift
- Ectropion
- Entropion
- Eyelid Lesions
- MOHS Reconstruction
- Tear Duct Evaluations
- Blepharospasm
- Hemifacial Spasm
- Thyroid Eye Disease
- Orbital Tumors



**Experience is
everything.**

Dr. Roshni Ranjit-Reeves, MD - "Dr. Rosh"

Dr. Rosh is an oculofacial and reconstructive surgeon, specializing in insurance based and cosmetic surgery to the eyelids and face. She is board certified in Ophthalmology by the American Board of Ophthalmology and in Oculofacial Surgery by the American Society of Ophthalmic Plastic and Reconstructive Surgery.

Phone: 813.303.0123 | Fax: 813.587.9861

Email: info@doctorrosh.com | Website: doctorrosh.com

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

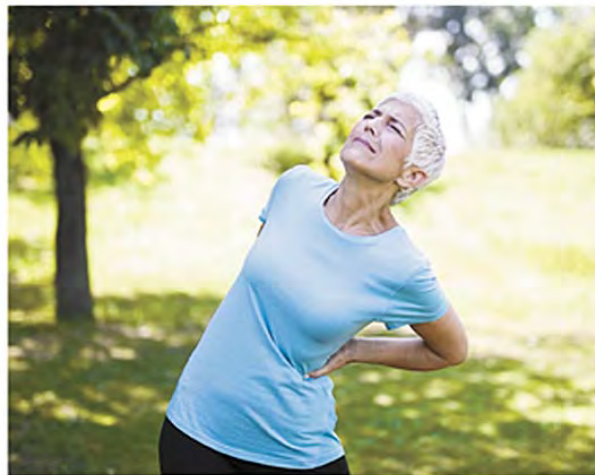
The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine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

REGENEXX TAMPA BAY

Tampa
8600 Hidden River Pkwy, Suite 700
Tampa, FL 33637

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

Sarasota
2401 University Pkwy, Suite 104
Sarasota, FL 34243

GOLD COAST ORTHOPEDICS

Miami
20754 W Dixie Hwy
Miami, FL 33180

727-493-9971
NEWREGENORTHO.COM

ALL TREATS, NO TRICKS AT THE WOODHOUSE DAY SPA-ST. PETE

Well, hello there, pumpkin! This fall season why not treat yourself to the gift of relaxation. While the kids get ready to dress in their favorite costumes and treat themselves to a fun night of trick-or-treating you could be spending time in a much different way...

TRY ONE OF OUR GHOULISHLY GREAT TREATMENTS.

NAILS: Witch way to the Nail Room? No scary fingers or toes when you visit us for one of our relaxing nail treatments. Try our latest seasonal manicure and pedicure.

Each Woodhouse manicure and pedicure begins with a calming ritual incorporating our signature essential oil blend to induce deep relaxation. You will enjoy the warmth of your neck and shoulder wrap while your experience is made complete with the perfect polish.

WARM AGAVE NECTAR PEDICURE

Warm agave nectar with its heavenly light scent is drizzled over the feet and legs in preparation for a soothing heel-to-knee massage. Relish in relaxation and hydration.

SPRITZER MANICURE

Our classic manicure delivers a silky organic massage with soothing botanicals and essential oils. Softens, revitalizes, and conditions hands.

BROWS: No Scary Brows for Me...We have expert aestheticians that can tame and shape those brows. They can also get rid of any other scary facial hair...only witches should have chin hairs! (Unless you're a man going for that cool bearded vibe!)

MASSAGE: Massage away those monster aches...Thankfully, our team of massage therapists are equipped to handle even the most monstrous aches. They work like wizards with the hot stones, aromatherapy, and techniques to scare away all that tension.

DEEP TISSUE MASSAGE

This therapeutic massage uses strategic strokes to increase circulation and release muscle tension. A combination of trigger point therapy, stretching, sports massage and other unique modalities works to relieve strain, stress, and inflammation.

RELAXING BACK, NECK AND SHOULDER MASSAGE

Ease stress with this focused tension-releasing massage. A therapeutic blend of essential oils is applied to remove lactic acid and eliminate chronic deep "knots." Knead-and-release techniques are used to relax the muscles and increase circulation. Arise relaxed yet invigorated.

BODY TREATMENTS: The Thing from the Black Lagoon...okay, you may look a little like this while covered in our warm spiced mud. But you won't care since it feels so incredible. Or maybe you will be wrapped in seaweed with our signature Lavender and Sugar Scrub treatment. Afterwards, however, you will be positively glowing.

WARM SPICED MUD WRAP

This detoxifying treatment begins with a stimulating exfoliation using a finely ground seaweed. A mask mixture of organic seaweed is combined with purifying elements of peat to produce a mud wrap rich in potent antioxidants and minerals and enhanced with organic ginger and cinnamon. Guests will love the immediate firming and toning effects on the skin as well as the therapeutic benefit of the vichy shower.

FACIALS: Ladies, you will feel like a Fairytale Princess after one of our facials. Gentlemen, you can feel like a Fairytale Prince after our men's hot towel facial. It's SO relaxing!

ILLUMINATING FACIAL

Delight in this corrective facial created to reverse the signs of premature aging and sun damage. This results-oriented facial for lightening and hyperpigmentation includes a two-layer peel and two masks to reveal a brighter, vibrant, and renewed complexion.

SOOTHE AND STRENGTHEN FACIAL

A gently corrective facial that minimizes inflammation and redness, while strengthening the capillaries, reducing puffiness, and improving texture.

The Woodhouse Day Spa-St. Pete

As you can see, The Woodhouse Day Spa-St. Pete has you covered this fall. You can also rest assured that the health and safety of our guests are top priority. The spa staff adheres to the strictest sanitation guidelines so that you can feel completely comfortable about your visit.

Not ready to book just yet, or thinking ahead to the holidays? Consider a gift certificate for yourself or as a special present!

THE WOODHOUSE
day spa®

Call us at 727.228.1646 or visit us online at stpete.woodhousespas.com.



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.

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.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



5 WAYS TO BALANCE LIFE & SOCIAL MEDIA

Millions of people use social media on a daily basis. There are a lot of advantages to social media. Social media can platform your business, help you to keep up with friends and family and even give support during challenging times. But with those advantages, come disadvantages. Just as with most things in life, you need to balance the pros with the cons.

Balancing the pros and cons, like we do with food. Let's think about something yummy. Cake. Good thought, right? Cake is one of those tasty and awesome things in life. But if you over indulge, it can do harm to your body. You don't have to completely rid of cake, you just need to eat it in moderation. Same goes with social media. Moderation is key.

Here are 5 ways you can better balance life and social media:

Don't Compare

We have all done it. We look at all the amazing pictures of people on social media and wonder, what are they doing that I am not? You see a picture of a couple and their child in the Bahamas, smiling with Palm trees in the background. Meanwhile, you are stuck in the office working for a boss you hate. In some fashion, we all have felt that feeling for a moment. But, what is important to realize is that what you are seeing is just a moment in time on social media for that person. This is called the demo reel or highlight reel. You are seeing a bunch of the best clips of people's lives. What is dangerous about this highlight reel is that you are comparing a bunch of people's best moments to your entire life. This can decrease confidence and be very discouraging. It can be so discouraging that you may get off track on your own goals and not even have the confidence to set goals to begin with.

The Fix

When you are scrolling through social media, get real. Understand that every single, and yes, I mean every single, person that you are viewing has faced trials and tribulations. They have all been discouraged, faced fears and got off their path at on point



or another. That's because we are all on the same journey of life. There are ups and downs. Cut the ruminating during and after your time on social media and accept that you saw a moment in time for someone, and recognize you can't realistically compare their one moment in time to your entire life.

Limit Your Time

Some people spend hours a day on social media. Can you imagine if you got back hours per day? Imagine the goals you could achieve. Not everyone spends hours per day on social media, but many of us spend more time than we think we do. Five minutes in the morning, 15 minutes at lunch and 20 minutes at night; that adds up. What if you took 30 of those 40 minutes back? Could you get that run in? Could you read a chapter in a book? What are your 2021 goals? Would an extra 210 minutes a week help you work toward that

goal? By limiting your social media time you increase the ability to get some time back in your day to help you achieve bigger goals.

The Fix

Start by becoming more aware of your social media time. Take the next two or three days to be honest and track how many minutes you spend on social media. Then, cut that time in half and take the time you get back to do something healthy for your mind or body. You may begin to feel more productive and happy. If you feel you can't get away from social media because you need to make posts for your business, then take time to look into programs where you enter in your social media for the week or month and it automatically releases it for you each day. This will keep you off social media, where you may blend doing business with checking your personal profile.

Avoid Distractions

Social media can be such a distraction. While in the middle of a project or assignment you get a pop up on your phone that says "John Doe just followed you." You either are distracted by wondering who John Doe is, or you quickly check Twitter to see who John Doe is, how many followers he has, and if you should follow him back. This two minute distraction soon becomes 20 as you look at John's Page, thank him for following you and then scroll through Twitter. You soon remember to check your Facebook, Instagram and your newest platform, TikTok.

The Fix

When you are working on a project or assignment, be sure all social media tabs on your computer are closed. Do not enable push notifications on your phone for social media. This way, you are not alerted when someone follows you, likes a post, etc. Research shows it takes 15 minutes to get into flow (or the zone). When you are interrupted, it takes that much time to get back into the zone. Don't waste your time, avoid distractions and use social media as a reward for getting work done.

Don't Worry About Being "Liked"

Some people use "likes" on social media as way to boost confidence and get approval. While it is okay to want people to like your posts, be sure of two things: First, that you do not post out content and then hover over your social media to see every single like that comes in. That is a waste of your precious time and energy. Second, that you are not posting a picture or content to feel personally validated. Be sure that you are happy and approved with yourself, don't give that control out to others.

**The Fix**

If you are that person that makes a posts and hovers over social media to see every like that comes in, instead, make a posting and put a time limit to checking your social media. For example, post your content and then check your social media 30 minutes later. Go work on a goal or task and then as a reward check your social media status. If you are that person that posts to gain acceptance from others, complete an honest self-check of all sectors of your life: physical, emotional, spiritual, relationship, social, financial, professional, leisure, etc. and make sure that you are content with where you are in those areas of life. If you feel off in one or more of those areas, take the time you spend on social media and instead channel it into improving the area in your life that you feel needs some working on.

Put Your Main Life Roles First

Many of us use social media in our down time. However, we first have to make sure that our down time is really down time. Sometimes, those we love most (including yourself) are missing us and that downtime could be spent improving those relationships. For example, the parents who use social media at the dinner table may be missing opportunities to ask their children about their day (you will find out so much information about a child's life right at the dinner table- just ask them!). Or, when you are on social media and around your partner, you may miss opportunities to touch or learn more about each other. And, when it comes to you, if you are on a walk alone and flipping through your social media, you may miss the butterfly in front of you or an amazing thought/idea that your mind may have. Alone time is a great time for self-reflection and the generation of new and potentially successful ideas.

The Fix

During important moments like dinner with the family, time with friends, date night, nature walks, etc. put your phone away. If you want to take photos on your phone, use all your discipline and will power and only use the phone for taking photos. Make the commitment to yourself that you will not swipe the push notifications or post the photo you just took onto social media. Make the commitment that you will be present and in the moment for these important events. You can always post the photos you take later on. When you are alone with yourself, set the phone aside for at least the first 15 minutes and take time to reflect. The goal here is to be sure that you have given quality time and attention to those people (including you) you love and care for before you give your time to social media.



Dr. Jaime Kulaga is The Bay Area's Life Coach! She is a licensed mental health counselor, entrepreneur, author, motivational speaker, wife and mother.

Dr. Jaime empowers people to overcome barriers, discover their own greatness, and in turn, achieve success. She educates, guides and holds accountable, women, men, adolescents and families to make better lifestyle decisions and provides practical tools for overall health and success.

Dr. Jaime is the International Author of *The Super-Woman's Guide to Super Fulfillment: Step by Step Strategies to Create Work-Life Balance*. Her book was named one of the best work life balance books of all time according to Book Authority. The Super-Woman's Guide to Super Fulfillment has been translated and published in over 15 countries over 4 continents.

When it comes to balance and happiness, Dr. Jaime is the go-to motivational speaker for companies. With her engaging personality and sense of humor, audiences are inspired to use the content in order to enhance their personal and professional lives.

Dr. Jaime is a frequent mental health expert on national TV and radio. She was featured as the lead interviewer on CNBC's The Job Interview, as well as the spokeswoman for Wendy's, British Airways and LaLa Yogurt Smoothies.

DR. JAIME™

LICENSED MENTAL HEALTH COUNSELOR. LIFE COACH. MOTIVATIONAL SPEAKER. AUTHOR.

WWW.DRJAIMEK.COM

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

Oculofacial Surgery and Cosmetic Laser Institute
Natural | Refreshed | Rejuvenated



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

Aging Well

BioPro+
EASIER • SAFER • FASTER

A BETTER ALTERNATIVE TO TRADITIONAL HGH

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.

ALL OF THIS IS SAFELY ACCOMPLISHED WITH NO SIDE EFFECTS, NO CHEMICALS, NO TOXINS, AND IN THE PRIVACY OF YOUR OWN HOME.

**BIOPRO+ IS ONLY AVAILABLE THROUGH APPROVED PHYSICIANS.
DON'T HAVE A BIOPRO+ PHYSICIAN?
NO PROBLEM!**

**WE PROVIDE INSTANT PHYSICIAN APPROVAL
RIGHT ONLINE AT BIOPROTEINTECH.COM
NO OFFICE VISITS, NO PHARMACY LINES,
NO WAITING**



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.

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**.



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.

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.



15416 North Florida Ave., Tampa, FL 33613

NATIONAL INSTITUTE OF SPINE & PAIN

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



ARE YOU SUFFERING FROM PAIN?



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

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

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

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



THE WOODHOUSE

day spa®

- ST. PETE -

25% Off Your First Service*

*Cannot be combined with any other offers.

75 1st St S, St. Petersburg, FL 33701 | (727) 228-1646



stpete.woodhousespas.com



BioPro+TM
FASTER. EASIER. SAFER.

And BioPro+ For Her
**REJUVENATE YOUR CELLS
AND REVERSE AGING**

Fix your: Hormones | Aging | Weight | Libido

BioPro+ contains genetically activated growth factors that support DNA repair, regenerate cells, and help to balance healthy hormones in both men and women.

"BioPro+ is a fantastic alternative to human growth hormone (HGH)... I have many patients who've been on HGH and have successfully replaced it with this product."

Mark Gunderson, MD
Age Management Institute Reno, NV

\$30 OFF
WITH CODE
HW2021

Overall Rating: ★★★★★

BioProteinTech.com 1.800.280.2456

**ONLY AVAILABLE
THROUGH APPROVED PHYSICIAN PROVIDERS**



FORCARE

(813) 553-5992

MEDICAL CENTER

**MEDICAL & COSMETIC DERMATOLOGY
SOLUTIONS YOU CAN TRUST**



TREATING CHILDREN
& ADULTS

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

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

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!

LIVING FROM CANCER

Paula Swift, CHTP

LivingFromCancer.com
Paula@LivingFromCancer.com





Clinical Trials

- SAVE LIVES -

Have you considered participating in a research study? If you or someone you love suffers from any of the conditions listed, you may qualify to take part in a research study. Learn how to get involved today.

CURRENTLY ENROLLING TRIALS:

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

QUALIFIED PARTICIPANTS MAY:

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

Contact us for more information!



FORCAREMED.COM



813.264.2155



FORCARE
CLINICAL RESEARCH

THIS IS NO TIME FOR PAIN

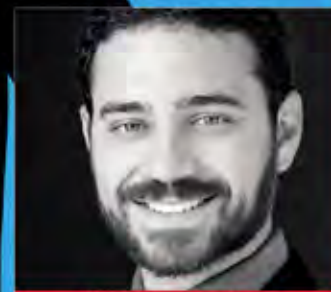
NON-SURGICAL ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOASM



IGNATIOS PAPAS, DO

REGENEXX TAMPA BAY

Tampa Bay

8600 Hidden River
Pkwy, Ste 700
Tampa FL 33637

St. Petersburg

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

Sarasota

2401 University
Pkwy, Ste 104,
Sarasota FL 34243

GOLD COAST ORTHOPEDICS

Miami

20754 W Dixie Hwy
Miami FL 33180