

T A M P A B A Y ' S

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

November 2021

Pasco/North Tampa/New Tampa Edition - Monthly

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Interventional Cardiologist

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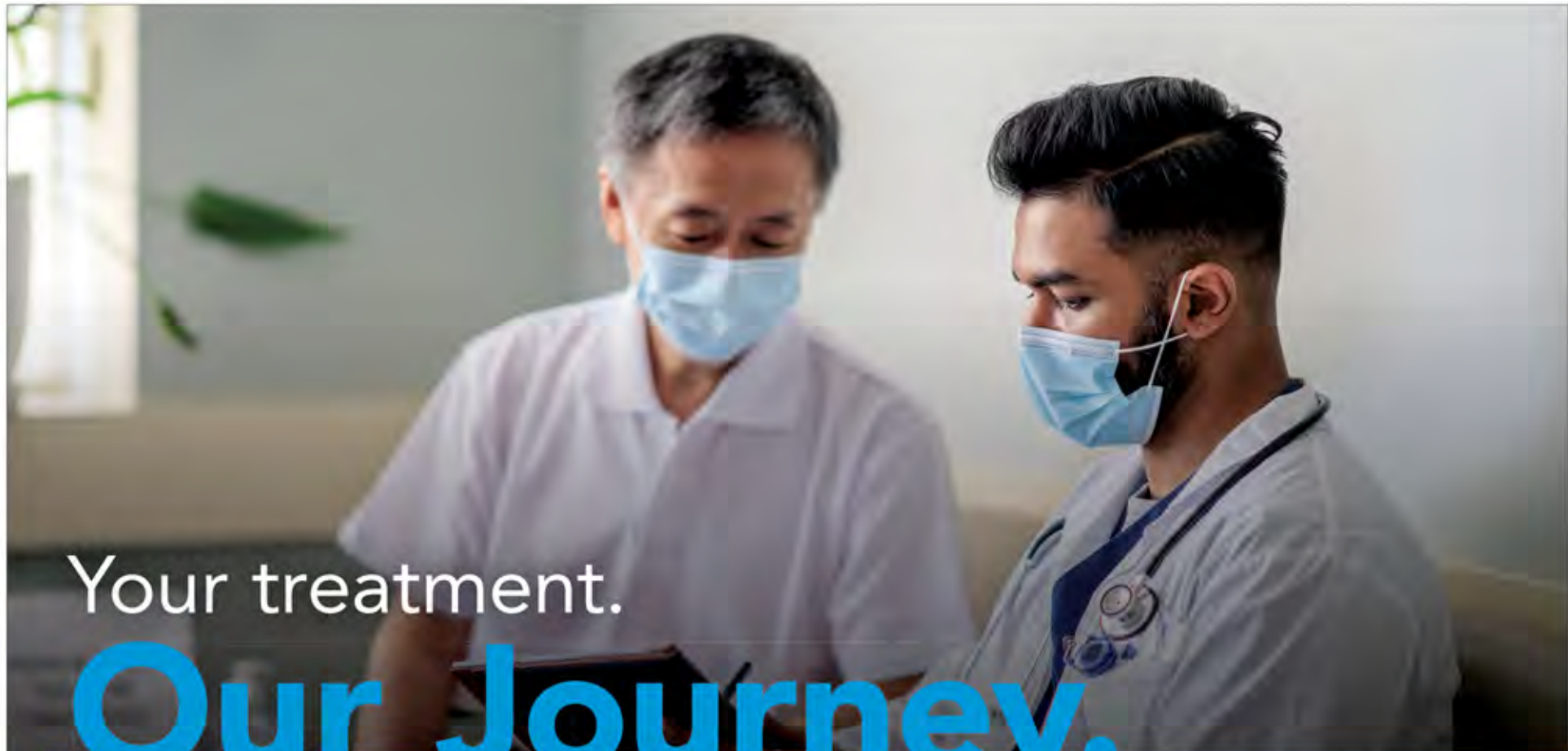
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Dr. Roshni Ranjit-Reeves, MD - "Dr. Rosh"

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.

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# Coronary Artery Disease and Heart Attacks: What You Should Know

By Dr. Rachit Shah

**C**oronary Artery Disease (CAD) is the narrowing of the coronary arteries caused by plaque formation, which leads to the reduction in blood supply to the heart. Ischemic heart disease or coronary heart disease (CHD) are terms used interchangeably to refer to CAD. Coronary heart disease is the leading cause of death in the United States. It's a very prevalent problem that we face. That's why we focus on early diagnosis and management.

Coronary arteries are the main blood supply channels to the heart. There are four main coronary arteries: the left main coronary, the left anterior descending, and the left circumflex artery, the right coronary artery.

## What is CAD?

A buildup of plaque caused by atherosclerosis leads to narrowing of coronary arteries. The plaque consists of cholesterol, calcium, fatty substances, and clot-making substances (fibrin). If these plaques are minor, they do not cause any symptoms. Once these plaques become severe ie more than 70% in severity, they induce exertional symptoms at first and can gradually lead to symptoms even at rest. If these stable plaques rupture/ become unstable, they can lead to super imposed thrombus formation completely cutting of the blood supply to the part of the heart and leading to the heart attacks.

## Risk Factors

Common underlying conditions can make anyone predisposed to CAD. These include:

- Hypertension
- Hyperlipidemia (High LDL and/or low HDL cholesterol)
- Diabetes
- Family history of heart disease
- Sedentary lifestyle
- Smoking
- Age



If these risk factors are well managed, CAD issues can be mitigated or reduced. If they are left uncontrolled, the risk of developing CAD is high.

## CAD Symptoms

- Chest pain (crushing or pressure type pain in the center of chest with radiation to neck/ jaw or left shoulder)
- Exertional shortness of breath
- Fatigue

## Females may experience the following as well:

- Nausea, vomiting
- Dizziness/ lightheadedness

In some instances, we discover silent heart attacks. These are prior attacks that the patient had no idea happened. We often find these on routine testing, and they are more common in patients that have diabetes.

## Diagnostics

An EKG is an initial screening test to diagnose coronary artery disease. It is often abnormal in patients having heart attacks although it can be completely normal, and patients can still have significant blockages.

Stress tests are widely used to detect significant blockages in cardiac circulation. Those can be performed using treadmill or chemically for people who can't walk on treadmill. We can also add nuclear imaging or Echocardiography with stress test to improve accuracy of the test.

Another way to detect coronary blockages or plaque formation is imaging studies like coronary calcium score CT scan or coronary CTA. All of these tests can indicate blockages. Significant blockages are then referred for cardiac catheterization or angiography.

The gold standard for diagnosis and management of coronary blockages is coronary angiography or cardiac catheterization. These are invasive procedures performed via wrist or groin approach. These tests are performed with small tube-like devices called catheters and contrast dye. Multiple pictures of cardiac circulation or coronary arteries are taken under x ray called as coronary angiography. If any significant blockages are identified during this test, they can be fixed with balloons or stents which is called coronary angioplasty. We can now perform these procedures via the wrist, where before we usually went through the groin. It improves patient comfort as well as reduces bleeding complications.



### Blocked Arteries

Significant blockages require stents implantation which is metal coil type structures coated with certain drugs. It is a safe and effective way to open the blocked arteries. Most stent deployment procedures can be done the same day in outpatient settings. If the blockages are multiple, we might recommend coronary bypass surgery. This is an open-heart procedure that utilizes bypass grafts to manage the blockages.

### Risk Factor Control

I strongly believe that prevention is better than cure and that's why I focus on life style changes with all my patients.

### Lifestyle Changes

- **Physical activity** - I recommend 30 minutes per day of brisk cardiovascular exercise, whether biking, swimming, walking, or whatever the person can do to get moving. I suggest at least five days per week of activity.
- **Stop smoking** - we offer programs to help patients quit smoking, which is critical for preventing CAD.
- **Healthy diet** - Various studies show that a Mediterranean-style diet is effective in reducing the burden of coronary artery disease. Eating a diet rich in plants is ideal. I also recommend my patients to reduce carbohydrates such as bread, cookies, crackers, pizza, pasta, sugar, sweets,

desserts etc. Only eat these types of foods in moderation once in a while. It's also helpful to cut out processed meats and foods to reduce chemicals and toxins, which can overload the body and cause adverse health effects.

- **Managing your risk factors** - like diabetes, blood pressure, and cholesterol makes a big impact on reducing the burden of CAD.

### Medications can help reduce angina symptoms.

The most common medications are beta-blockers, nitrates, and calcium channel blockers—Some of these drugs work to reduce oxygen demand, while others dilate the heart's arteries to improve circulation.

We have advanced knowledge, technology, and treatment options to help diagnose, monitor, mitigate or treat more CAD and heart attacks in patients than ever before.



### Cardiology

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**Rachit Shah, M.D.**  
Interventional Cardiologist

Dr. Rachit Shah is board certified in internal medicine, cardiovascular disease, interventional cardiology, echocardiography, and nuclear cardiology. He earned his medical degree from Smt. NHL Medical Municipal College, Gujarat University in Ahmedabad, India. He then completed an internal medicine residency at Chicago Medical School/Rosalind Franklin University of Medicine and Science, in Chicago, Illinois. Dr. Shah continued his medical education by completing fellowships in general cardiology and interventional cardiology from Virginia Commonwealth University (VCU) in Richmond, Virginia. Dr. Shah has extensive expertise and special interest in coronary and peripheral interventions. He also specializes in invasive management of varicose vein disorders. He provides consultation services for diagnosis, management, and prevention of various cardiovascular disorders like coronary atherosclerosis, chest pain, congestive heart failure, cardiac arrhythmias, valvular heart disease, peripheral vascular disease, and venous insufficiency disease. He is also proficient in interpretation of various cardiac imaging studies like echocardiograms, vascular ultrasounds, carotid dopplers as well as cardiac nuclear stress tests. Dr. Shah is an accomplished author, having penned several peer-reviewed articles for a variety of prestigious medical journals. He also works as a peer reviewer for many leading publications. He has received multiple research grants from VCU medical center for research presentations. He was also nominated for and received Young Leadership Award at CRT (Cardiac Research Technologies) conference in Washington, DC. He is a fellow of the American College of Cardiology and a member of the American Medical Association. Dr. Shah is affiliated with the Morton Plant Mease Hospitals.

# Reduce Your Risk of Lung Cancer

**W**hile the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined; however, there are several ways to reduce your risk of lung cancer.

## AN OUNCE OF PREVENTION . . .

Approximately 85% of all lung cancer occurs in people who smoke. So it stands to reason that one of the best ways to reduce your risk of getting lung cancer is to never begin smoking, or to stop smoking as soon as possible. Tobacco in all forms increases your risk of various types of cancer; chief among them is lung cancer. There are many programs to assist with smoking cessation. Discuss these options with your doctor to determine which method is best for you.

## EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 18.6%, unless it is detected early, according to the American Lung Association. However, if the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%. So your chances of surviving lung cancer are three times greater when it is detected early.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important - especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Through the use of low-dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year



*Lung cancer patients are NOT more susceptible to COVID-19, but if they get it, they are more likely to have complications because of their underlying disease. Due to this increased risk, lung cancer patients should be extremely vigilant about preventing the disease.*

means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. These are especially important for older patients who may have other health problems, and doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

## World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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For more information, visit [FLCancer.com](http://FLCancer.com)



# 5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

**W**e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-254-2757 in Sarasota and 813-296-2614 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

## 1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

## 2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action



lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

## 3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

*1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.*

*2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.*

## 4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

## 5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

## Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the

best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



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# Alzheimer's Awareness Month: PREVENTION

The number of individuals with Cognitive issue like Alzheimer's is staggering. Nearly 6 million people in the US have dementia and if we don't start taking prevention more seriously, that number is expected to grow exponentially.

## Diet and Nutrition

Eating a healthy diet such as the Mediterranean or Dash diet has been proven to increase cognitive function. These diets include a large emphasis on cold-water fish, vegetables, berries, nuts, olive oil and antioxidants, phytonutrients, other healthy fats. Eating a colorful plate of vegetables like purple cabbage, broccoli, leafy greens, carrots, sweet potatoes, tomatoes, and blueberries paired with healthy fats like olives, walnuts and fatty fish like salmon or mackerel, will feed your body and brain with what it needs to thrive.

## Exercise

Exercise is critical for brain health. Just a few minutes a day shows marked increases in oxygen uptake in the brain as well as increasing blood flow. As we age, we should continue to exercise and increase our cardiovascular endurance. Getting help from a trainer, physical therapist, and also checking in with your physician is important.

## Sleep

Getting a good night's sleep is critical for optimal health. The side effects and Complications Associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. Getting 6 to 9 hours of good quality sleep is critical.

## Socialization and Community

It's important to have a strong social network of people to enjoy life with you. Our personal communities should be our safe haven, where we engage, and support one another. If you don't have a strong social network, it helps to join a club, yoga class, art class, attend town meetings or volunteer. Zoom and facetime, or even a phone call are great ways to incorporate socialization if you can't meet face to face.

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

## Aston Gardens Provides Multiple Living Options

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

## Active Independent Living

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

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

## Assisted Living

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

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

**Call 813-343-4673 today or visit [astongardens.com](http://astongardens.com).**

## 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! Come see why so many people want to call Aston Gardens their home!



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316





# Urinary Incontinence:

## An In-Office Therapy That is Incredibly Convenient

By Parveen Vahora, M.D.

**M**any women have a disorder that they try to keep under wraps. If you are one of them, then you are familiar with crossing your legs and willfully praying you don't leak. Does laughing, jumping, or sneezing bring on an accidental urine stream? Avoiding surgery is a common quest. Wearing pads and pullup panties to conceal leaks is inconvenient to say the least.

You're not alone, in the United States, **urinary incontinence affects 15 million women.** Many people are familiar with Kegel exercises. These are accomplished by contracting the pelvic floor, but they are rarely completed accurately or effectively, and they can be awkward and time consuming.

**Did you know men suffer from urinary incontinence** related to prostate issues, obesity, neurological disorders and other conditions? Strengthening the pelvic floor muscles is also beneficial for men when it comes to certain disorders that lead to male urinary incontinence.

Pelvic floor muscles are the layer of muscles that support the pelvic organs and span the bottom of the pelvis. Strong pelvic floor muscles give you control over your bladder and bowel. Weakened pelvic floor muscles mean your internal organs are not fully supported and you may have difficulty controlling the release of urine.<sup>1</sup>

### THERE IS A BETTER WAY: EMSELLA™ TREATS BOTH WOMEN AND MEN

A new device called **EMSELLA™** is the key to effectively eliminating or significantly reducing urinary incontinence. EMSELLA is a unique chair that patients can simply sit and relax in (fully clothed) for 20 to 30 minutes in the comfort of their gynecologist's office. It produces vibrations that cause the pelvic floor muscles to contract. **One session is the equivalent of doing 11,000 Kegel exercises.**

EMSELLA utilizes electromagnetic energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions re-educate the muscles of incontinent patients.<sup>1</sup>

EMSELLA produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment. Most women will undergo just six sessions in a full three-week program to restore their pelvic muscle strength.

The best part is, 75% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients have an improved quality of life.<sup>1</sup>

**No Surgery | No Drugs | No Pain |  
No Downtime—Just Sitting in a Chair!**

You just sit on the EMSELLA chair, fully clothed for 30 minutes, twice a week for three weeks and your pelvic floor muscles are tightened and lifted so that there is a substantial improvement in incontinence, leaking and off label "sexual gratification". It is a remarkable option to strengthen pelvic muscles, and to eliminate leaking during exercise, sneezing, laughing or for those who have an urgent need to relieve their bladder.<sup>1</sup>

#### Who is a good candidate?

EMSELLA is a great option for women and men of any age who desire solution for urinary incontinence and improvement in their quality of life.<sup>1</sup>

#### How Long Does EMSELLA take?

Your provider will tailor a treatment plan for you. A typical treatment takes about 30 minutes, with approximately 6 sessions, scheduled twice a week.<sup>1</sup>

#### Is EMSELLA Painful?

You will experience tingling and pelvic floor muscles' contractions during the procedure. You may resume daily activities immediately after the treat.<sup>1</sup>

#### How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.<sup>1</sup>

#### References:

1. Body by BTL, A Breakthrough Treatment For Incontinence And Confidence, 2019 Btl Industries Inc.



This innovative treatment is helping numerous women and men find their freedom, confidence, and to get their life back without having to worry about urinary incontinence. It's even been featured on the Doctors TV show and in various other news and media outlets.

**Along with urinary incontinence, EMSELLA can also help with Urinary frequency, prolapse, nocturia (waking up to urinate) and erectile dysfunction.**

#### Parveen Vahora, M.D.

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

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

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



#### Cammie Acevedo, APRN

Cammie is a board-certified Nurse Practitioner with the American Association of Nurse Practitioners. Her academic background includes a Masters degree in Nursing from Chamberlain College of Nursing. Her previous nursing experience

includes Labor and Delivery, Mother/Baby and Trauma/Surgical Intensive Care as well as working as an Advanced Practice Nurse in Family Medicine. With an extensive career in Women's Health, she has a passion for empowering women and she truly enjoys being able to provide high quality care while improving the lives of women through promotion of mental, physical, and sexual health and wellness. As a busy mom of 5, she enjoys spending time with her family attending sporting events and visiting different beaches when she's not providing patient care.

**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.**

# Hair Loss is Devastating for Many People

## PRP HELPS RESTORE HAIR



**H**air loss can be caused by several different factors, age, alopecia, cancer treatments, family history, and various other disorders. No matter what the cause, for many individuals dealing with the loss of hair can be traumatic and devastating. There is a natural way to restore your hair growth, right in the comfort of your dermatologist's office with a biologic therapy. Many people know about its numerous rejuvenating and healing health benefits, it's called PRP.

### How PRP helps to regrow hair

PRP has several growth factors that help to restore hair loss. PRP stimulates new hair to grow, keeps existing hair growing, and also stimulates the stem cells that are around the hair follicles to thicken the shaft of the hair. Advanced PRP Hair Restoration delivers your own PRP to naturally treat the areas of concern and restore healthy, hair growth.

### How often do I need treatment?

Most patients do best with once-a-month injections over a four-to-five-month period. Reducing hair loss and rejuvenating hair growth is possible with PRP. Because PRP utilizes the patient's own blood, the risk for infection or treatment complications are at a minimal to zero risk level.

### How is PRP Made?

A small amount of the patient's own blood is drawn. The blood is spun down in a centrifuge to separate the red blood cells, platelet rich plasma, and plasma. Once the PRP is ready to be re-injected into the affected areas of the scalp, the amount of growth factors and enzymes within the PRP help to stimulate the formation of new hair, heal the scalp, prevent hair loss and to thicken the hair follicles.

If you are looking for a more natural yet effective way to restore hair growth or to thicken thinning hair, PRP is a remarkable treatment that is safe, effective, and well-studied.

### 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, a med spa, 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.*



**Dr. Maria I. Hicks, MD**  
**Dermatology**

Dr. Maria I. Hicks, MD is an award-winning, board-certified Dermatologist, fluent in Spanish and English. She earned her medical degree from Instituto de Ciencias de la Salud CES in Medellin, Colombia (South America), where she also completed her dermatology training and served as chief resident.

After moving to the United States in 2002 from Colombia, Dr. Hicks completed a three-year program in clinical research with the Dermatology Department at Wake Forest University in North Carolina. Her extensive written works about dermatology have been published in numerous publications, in both English and Spanish, such as national dermatology journals and medical books.

Dr. Hicks completed two years of Internal Medicine Residency at Geisinger Medical Center in Danville, Pennsylvania, followed by a dermatology residency.

Dr. Hicks treats all aspects of dermatology, including the prevention, detection and treatment of skin cancer, as well as other disorders of the skin, hair and nails. She has a special interest in cosmetic dermatology, fillers, Botox®, chemical peels and lasers.

Her current professional associations include American Academy of Dermatology (AAD); American Society for Dermatologic Surgery (ASDS); Florida Medical Association (FMA) and Tampa Bay Latin American Medical Society (TBLAMS).

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



15416 North Florida Ave., Tampa, FL 33613



# 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!



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**FORCARE**  
CLINICAL RESEARCH

# QUALITY SLEEP PROMOTES HEALTHY AGING, FAT LOSS AND MENTAL CLARITY

**W**hen we sleep, we promote healing properties throughout the body. Getting a good night's sleep is critical for optimal health. On the other hand, poor sleep leads to adverse effects. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, weight gain, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

## GROWTH HORMONE AND SLEEP DYSFUNCTION

During the first few hours of sleep, we secrete growth hormone (GH).<sup>1</sup> Sleep-related secretion of GH appears to be primarily dependent on the release of growth hormone. Studies have shown that growth hormone supplementation decreases wakefulness and increase sleep. When we are in our thirties, the amount of growth hormone secretion decreases by two to three-fold of the amount when we were younger. This is one of the primary causes of sleep disruptions in adults.<sup>1</sup> Replacing the growth hormone with an 100% natural treatment is critical for many adults who want to improve their sleep patterns and health.

## 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.

BioPro+ CortiSleep PM is a powerful, anti-catabolic sleep support formula designed to promote deep and restorative sleep. BioPro+ CortiSleep PM was created to combat poor sleep quality, and its associated issues, to provide an all-natural, safe, non-habit-forming formula that delivers quality sleep from the first night you use it and each night after. BioPro+ CortiSleep PM contains highly effective, natural ingredients that promote a deep and restful night of sleep, leaving you feeling refreshed, clear, and ready for the day!



## BURN FAT WHILE YOU SLEEP

In multiple studies, it's been reported that blood plasma levels of cortisol increase during episodes of sleep deprivation or disruption. This increase in cortisol is what drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, your probably noticing a few extra pounds despite your healthy diet and exercise. Correcting your sleep with BioPro+ CortiSleep has helped many people lose weight.



With BioPro+ CortiSleep, it's like getting 8 hours of refreshing sleep in 6. So, if you are busy like most of us, you don't have to sleep for 8-9 hours to benefit from the anti-

aging, fat burning, and the numerous health benefits our product offers.

**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.**

## A BETTER ALTERNATIVE TO HGH-A NATURAL, SAFE FORMULA

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.

BioPro+ medications are the physician-approved alternative to invasive treatments. Trusted by thousands of physicians across the nation, BioPro+ can help fix hormones, weight, libido, and sleep. With no side effects and no synthetic materials, BioPro+ is easy to take and absorbs quickly.

## 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.

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

## BioPro+ IS EXCLUSIVE

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

*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](https://bioproteintech.com)*

*No office visits, no pharmacy lines, no waiting*

### Reference:

1. NIH PubMed, E Cauter, Physiology of growth hormone secretion during sleep, PMID: 8627466 DOI: 10.1016/S0022-3476(96)70008-2. <https://pubmed.ncbi.nlm.nih.gov/8627466/>

## TESTIMONIALS

Dr. Deepa Verma, implemented the BioPro+CortiSleep into her practice, and her clients are seeing improved sleep after only one week of use. Dr. Verma explains that stress is one of the primary causes of inflammation and sleep disorders. She believes that the ingredients in BioPro+CortiSleep such as B6, mucuna, melatonin, and growth factors are the key to restorative sleep. —Dr. Deepa Verma is double board certified and the owner of Synergistiq Integrative health.

Trevor Harris, Professional Quarterback and Certified Nutritionist says this about BioPro+CortiSleep, "Making sure you are getting REM sleep is essential. The first day after I took BioPro+CortiSleep my sleep cycle app showed how my REM sleep improved and was maximized. Cortisleep was giving me immediate results. Everyday, I wake up more energetic and feel amazing."

## 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.

### 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



SCAN THE QR CODE  
To Hear What  
BioPro+ Clients  
Have to Say!

### 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.

To learn more or to get started today visit [BioProteintech.com](http://BioProteintech.com), call 1-800-280-2456, or email [info@bioproteintech.com](mailto:info@bioproteintech.com).



### ATTENTION PROVIDERS:

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



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"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."

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## The Holiday Season is Coming: Give Yourself the Gift of Healthy, Glowing Skin

**W**he holidays conjure up thoughts of joyful celebrations with family and friends, but we all know that this time of year also increases stress and overindulging, and our skin is often the first place to show the signs of our hectic schedules.

If you are concerned about the appearance of dull skin, fine lines, discoloration or sagging skin, there are numerous services available to tighten, tone, smooth and blur your skin into perfection. With party dresses, family pictures and events, we all deserve to brighten up our skin and make it tighter, more toned and plumped or whatever your heart desires. Medical grade skin care is important as part of a routine skin care regimen. It is imperative to start these products pre procedure to get the skin prepped and to use after treatment to optimize laser results.

### A Few Treatment Options to Choose From:

#### BBL (Broadband Light)

BBL is a cutting-edge photofacial that uses visible light energy to target and pinpoint the skin's troubled areas. BBL treats, melasma, freckles, age spots, rosacea, vascular lesions, acne, skin texture, and tone. It minimizes large pores and improves skin's firmness. BBL uses noninvasive light filters to drive light energy down to various skin targets. This can be used on the entire body.

The remarkable difference between BBL and similar technology such as intense pulsed light (IPL) is that BBL energy allows for a broader spectrum of filters and adapters for better outcomes for patients. A recent study done by Stanford University researchers that concluded the BBL treatment might provide skin improvement while preventing further skin damage. This is due to the dermal genes becoming more like youthful skin with rapid turnover abilities. BBL treatments can be used in a series of corrective protocols to correct pigment, vessels, and pores and then can be used as maintenance treatments annually to keep your skin looking beautiful.

The procedure is non-invasive and takes just a few minutes to an hour depending on the size and severity of the area being treated. Most individuals see results with approximately 3 treatments repeated every 4-8 weeks.

#### Erbium and Carbon Dioxide (CO2) Laser Skin Resurfacing

Laser skin resurfacing is a safe and effective way to stimulate the production of new collagen (collagenesis) by sending fractionated and full field heat energy at programmed depths for immediate

shrinkage of the collagen fibers and stimulation of fibroblasts to produce brand new young collagen post-treatment and for the next several months. This can be used to smooth out wrinkles, remove blemishes (dyschromias), and improve facial and acne scars.

Erbium laser resurfacing technology can be used safely on all skin types and can be tailored to various depths depending on the amount of downtime the patient's schedule allows. This can be used in combination with CO2 resurfacing and BBL treatments. This technology can be used safely to reduce peri-ocular, peri-oral, and cheek wrinkles.

CO2 laser skin resurfacing can be used in lighter skin types and for deeper wrinkles and can be used in conjunction with the erbium laser for multifaceted treatments for collagen stimulation and improved skin tone and texture. Carbon Dioxide (CO2) and Erbium uses advanced technology to iron out wrinkles externally while internally stimulating the dermal collagen matrix to firm the skin.

#### Injectables: Neurotoxin (Botox®) and Fillers (Juvederm®)

Injectables include neurotoxins and fillers which are immediately effective treatments to plump the face and lips, and to smooth out wrinkles and fine lines. Fillers are used for static wrinkles for a natural look and refreshed look and the results are instantaneous. Neurotoxins such as Botox®, Dysport®, and Jeaveau® are used improve active or dynamic wrinkles that happen on animation and start to work between 2-7 days after injection. Kybella® is also an advanced injectable to reduce the fullness of the chin. If you want a more taugth profile, Kybella is an option to eliminate the "double chin" look with a series of local injections.

The goal with treatments done by Dr. Rosh is to enhance patient's natural beauty. Patient leave looking like a more refreshed and rejuvenated version of themselves.

#### It's time to try Laser Skin resurfacing, BBL or our other services!

Preparing for holiday parties, dinners, family get-togethers, and events are always a little easier when you're feeling confident about our skin and body. There is a risk of adverse complications that can occur with any procedure, which is why qualified experts like Dr. Rosh should be performing these procedures.

To get your skin glowing, please call Dr. Rosh's team to schedule your appointment and for a fresh new complexion.

Making sure you choose a qualified physician and expert 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](http://DoctorRosh.com).



# In The United States, Diabetes is an Epidemic

## New Treatment Options

**W**ith staggering numbers, diabetes affects over 30 million Americans and within that vast figure, rests the overwhelming amount of people with prediabetes—89 million. Diabetes is an exorbitant disease, costing approximately 245 billion dollars per year. In addition, it is the 7th leading cause of death in the United States. If left untreated, diabetes causes adverse side effects and chronic health conditions such as cardiovascular disease, strokes, vision loss, and dementia.

### Diabetes and Metabolic Syndrome

Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders.

Insulin is a hormone that helps move sugar out of the blood and into the cells for energy, in the case of an insulin resistant person, they have too much sugar, and the body cannot adequately utilize the source. This leads to weight gain, obesity, and subsequently, a more sedentary lifestyle. Leptin is a hormone that helps regulate body weight by sending signals to the hypothalamus in the brain. When the signals are damaged, the body becomes leptin resistant, and a person may often feel extremely hungry and irritable, which contributes to a vicious cycle of overeating foods that are high in sugar and unhealthy fats.

In recent years, metabolic syndrome has become a commonly identified risk factor for cardiovascular disease because a vast number of Americans are overweight, and their bodies become inflamed; this inflammatory response affects their vascular structures. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Unfortunately, Sugar has become a major staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%. With diabetes and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.



### Type II Diabetes Complications Include:

- Heart Disease
- Vascular disease
- Neuropathy
- Kidney disease
- Skin Conditions
- Stroke
- Vision loss and disorders
- Amputations
- Non-Healing ulcers
- Alzheimer's and Dementia

Type II diabetes can also affect all ages, maintaining a healthy weight, exercising and eating the right foods can significantly reduce or stave off this type of disorder. If your diabetes is advanced, getting the appropriate medication and dosing is crucial for reaching and sustaining a healthy lifestyle.

If you have diabetes, you must reach out for help, and not let your condition go untreated or under-treated.

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

ForCare Clinical Research has two studies open for enrollment for patients with type II diabetes for non-insulin users, and those on only oral anti-diabetic meds. To find out if you qualify, please contact them directly or online at ForCareMed.com.

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

### ForCare Medical Practice in Tampa, FL

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



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



15416 North Florida Ave., Tampa, FL 33613

# Long Haul COVID Symptoms

**T**hose that have experienced COVID-19, whether mild cases, people with no symptoms, and those that suffered severe illness, often have lingering side effects and symptoms of the virus that remain for weeks and months. In some people, the symptoms come and go, and in others, they are a part of their daily lives.

According to the CDC (Centers for Disease Control and Prevention)<sup>1</sup>, people commonly report experiencing different combinations of the following symptoms:

- Difficulty breathing or shortness of breath
- Tiredness or fatigue
- Symptoms that get worse after physical or mental activities (also known as post-exertional malaise)
- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Cough
- Chest or stomach pain
- Headache
- Fast-beating or pounding heart (also known as heart palpitations)
- Joint or muscle pain
- Pins-and-needles feeling
- Diarrhea
- Sleep problems
- Fever
- Dizziness on standing (lightheadedness)
- Rash
- Mood changes
- Change in smell or taste
- Changes in menstrual period cycles

Numerous people also report chronic inflammation, which is related to the well-known “cytokine storm” that so many people with COVID experienced.

## Multiorgan Effects of COVID-19

Some people who had severe illness with COVID-19 experience multiorgan effects or autoimmune conditions over a longer time with symptoms lasting weeks or months after COVID-19 illness. Multiorgan effects can affect many, if not all, body systems, including heart, lung, kidney, skin, and brain functions. Autoimmune conditions happen when your immune system attacks healthy cells in your body by mistake, causing inflammation (swelling) or tissue damage in the affected parts of the body.<sup>1</sup>

There is no meaningful treatment for long haul COVID symptoms and conditions, which has led many physicians and patients to off-label and alternative treatment options. While the symptoms of COVID-19 may vary, most people experienced some

form of hypoxia (oxygen deprivation). The health benefits of hyperbaric oxygen therapy (HBOT) are more commonly recognized in the medical field, due to the numerous studies signifying HBOT’s advantageous improvement with multiple health conditions.

It’s important to note that HBOT is not FDA approved for post-COVID treatment, but through international to local studies and clinical trials, practitioners and their patients are reporting marked improvement. This may be largely related to the high oxygen saturation.

However, it’s not all about tissue oxygenation, it is now known that the combined action of hyperoxia and hyperbaric pressure, triggers both oxygen and pressure sensitive genes, which results in producing and stimulating regenerative mechanisms, such as stem cells proliferation and mobilization, and anti-inflammatory effects. HBOT also stimulates and improves the ability of white blood cells, which helps tissues to fight infection, and it proliferates collagen production, which helps with endothelial vascular regeneration.<sup>2</sup>

Hyperbaric Centers of Florida does NOT treat patient with COVID-19. This therapy is solely for those with post COVID symptoms and long haulers.

## How HBOT Works

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 oxygen therapy is an FDA approved and lifesaving remedy for multiple conditions such as carbon monoxide poisoning and decompression sickness (the bends), and it has many off-label uses.

Hyperbaric Centers of Florida is a premier off-label 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.

Currently, there are 15 FDA approved HBOT conditions, but HBOT is often used off-label.

## References:

1. CDC, Centers for Disease Control and Prevention, Post-COVID Conditions, September 2021, <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

2. PubMed, C Goldman, Hyperbaric oxygen induces a cytoprotective and angiogenic response in human microvascular endothelial cells, PMID: 9MC3082642, PMID: 19949909, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3082642/>

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.

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- Brain Injury
- Bell’s Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites
- Post COVID-19 Infection

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Dr. Sunil Panchal

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

### Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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# Quantum Technology: Innovative Treatment for Peripheral Neuropathy

BY DR. ROBERT LUPO, D.C.

**2**0 million people have Peripheral neuropathy happens when the small blood vessels, which supply blood and nutrients to the nerves become impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

## Causes of Neuropathy

- Diabetes
- Chemotherapy
- Injuries
- Autoimmune diseases
- Compressed spinal vertebrae
- Alcoholism
- Cholesterol medication side effects
- Build-up of toxins
- Vascular disease

## Traditional Treatments Don't Get to The Root Cause

The most common treatment for nerve damage is to mask it with prescription medications, but 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.

## Quantum Technology

**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 represents 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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# 8 WAYS TO REDUCE STRESS

In today's world, there are many reasons to stress, worry and overthink. Stress is toxic to our body and mind and with the holiday season approaching, our anxiety may begin to heighten even more.

Here are 8 ways to minimize your stress during this holiday season, and year-round.

## 1. Rid of toxic people.

Some of the biggest stressors we have in life come from family and friends. As hard as this is, if you want to reduce stress in your life, rid of, or set boundaries with those people who are toxic.

Grab some paper and a pen and write down all the people that are toxic in your life. Then, circle the ones who you can eliminate from life today, and commit to not communicating with them any longer.

Next, put a star next to those who you can't eliminate from your life, but can set boundaries with. Setting boundaries means that you do not enable people to continue hurting you. You can help people, but you do not need to change your schedule and do things that are harmful to you in order to help them. Now, write down the first action step you can take to set a boundary with each person on the list.

## 2. Do not compare yourself.

One of the best things that you can do to avoid stress is to not compare yourself to others. When you compare yourself to someone else, you put yourself in a direct line for failure. Every person's past is different, their biology is different, their circumstances are different and there is a lot you do not know about them in general.

This does not mean that you cannot have role models and mentors. You can admire certain characteristics in people such as their motivation or integrity. You can use certain people's life paths as a guide to help you. The one thing you should try to avoid is measuring your progress against someone else's life.



## 3. Set realistic goals.

If you want to reduce your stressors, set goals that are realistic and attainable. Sometimes people set goals that are unrealistic. It is okay to dream big, but be sure that each goal you set toward your dream is something that is realistic and attainable for that moment in your life. It can be demotivating to set goals and not have the abilities or resources to achieve that goal. Instead, set more realistic goals and start with small steps to achieve those goals. As you begin to obtain these goals, you will gain more motivation, successes and resources to set bigger goals in time.

## 4. Forgive.

If you want to reduce stress, avoid harboring anger or frustration. Let go of grudges, they hurt only you. Only you live with these negative thoughts every day, no one else. Forgive the past and everyone in it, so you can move forward. It does not mean you forget the act against you, but it does mean that you shift control from the abuser to you, so that you can begin to make changes to live happier and healthier. Once you shift the control, you can change your future.

## 5. Stop Ruminating.

Rumination is where we spend hours going over the same thing, again and again in our mind. We then spiral our brains down into this self-defeating, negative event, where we then "ruminate" for hours on what went wrong. When you catch yourself ruminating, often creating problems that were not there in the first place, work hard to reframe your negative thinking and challenge these thoughts.



**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

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Consider writing down the faulty thought, and then writing down a new and healthier statement to oppose the negative thought.

**6. Do not make impulsive decisions.**

To avoid short and long-term stress, do not make impulsive decisions. These decisions are often based out of emotion versus logic. These decisions also decrease our confidence over time. When you are in an emotional state, retreat from making any big decisions, and instead write down the decisions that you are contemplating and go back in a day or two to re-read what you wrote. Does this still sound like a good idea? Often, walking away and calming down will save you relationships, money, stress and time.

**7. Worry once, not twice.**

One way to minimize stress is to avoid worrying all the time. If you create anxiety and tell yourself that something might go wrong, and then in fact it goes wrong, then you lived the pain twice. Once before you knew if the situation was going to end badly and then once after you found out. If you tell yourself that something might go wrong, and then in fact it does not go wrong, you lived the pain initially for no reason.

Instead, plan for situations, but don't work yourself and others up about a situation that has not yet occurred. Conserve your energy so that you have time to deal with real stressors when they come into your life. This way, you will be clearer minded and ready to manage challenges if you really need to.

**8. Realize that you are not perfect.**

One way to significantly reduce stress is to avoid striving for perfection. Perfection is almost impossible to obtain because everyone's definition of perfect is different. Perfectionists often have to strive non-stop to be the best, based on what they think other people want or they have to spend their days comparing themselves to others to attempt copying what they think perfect is. Moreover, perfectionists also hold other people to this standard, only to find out that they are burning bridges and support systems over time.

The consistent trying and failing, coupled with comparing and limited support systems, is often exhausting and decreases overall confidence. The enormous amount of stress a person puts on themselves as they work toward being perfect is damaging to the body physiologically and psychologically.

Instead of always striving to be perfect, try to work on self-actualizing. This means to focus on being better than you were the day, week, or month before. Use yourself as a measure to get better day by day. In addition, allow yourself (and others) to make mistakes occasionally without being so critical.

**TO LEARN MORE VISIT [WWW.DRJAIMEK.COM](http://WWW.DRJAIMEK.COM),  
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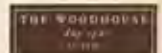
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# Improve Your Health with a Buddy

**Y**ou've been diagnosed with a chronic health condition. Now what? In most cases we get sick and eventually recover, but it's different with a chronic diagnosis such as diabetes, arthritis, or heart disease. Your constant tiredness, discomfort or pain may not always be understood by others. The limits on lifestyle can also take a toll on your mental health. Even with medication and lifestyle changes, you may never return to normal, instead you must find a new normal. Naturally, this can lead to feelings of anxiety, uncertainty, and even fear. The good news is there are actions you can take to help relieve your stress and put you on a path to living your best life.

## Understand your condition

The more you understand your health condition, risk factors, and symptoms, the more prepared you will be to manage them.

- Ask your doctors as many questions as you need to so you can feel confident about understanding and managing your health.
- If you want to do additional online research, seek out evidence-based research from credible sources. Not all information on the internet is good information and can cause even more fear and anxiety.
- Try to familiarize yourself with common terms involved in your condition. Investigate your treatment options, different medications, and important diet changes. The knowledge you gain will make it easier to talk with your doctor and give you peace of mind.

## Put together a wellness team

There are many areas of health to consider, and your doctor may only be an expert in one. Put together a wellness team to help keep your condition under control, reduce symptoms and raise your spirits. Eventually, you may discover you're living a healthier life than ever before. Here are some people to consider adding to your team.

- Start by finding a doctor you love—someone you trust and who will listen to your concerns.
- Physical activity is an important part of managing your health, but it can be difficult to know what your body can do. A trainer can help find appropriate exercises for maintaining and improving strength, flexibility, and endurance.



- The right nutrition can help reduce inflammation and risk factors so you can feel your best. A nutritionist/dietitian may be the best person to help create a meal plan that works for you.
- Chronic disease doesn't just affect your physical health. It can also impact your mental health. There are many emotions, challenges, and lifestyle changes that happen as a result of a diagnosis. A therapist can help you process your feelings and maintain good mental health.
- Find a social group or activity to join that will help boost spirits. Research shows that social connection can increase your feelings of belonging, purpose, and happiness, as well as reduce levels of stress.

## Get a Health Buddy

It's important to know you are not alone. We all know the "buddy system" works. It helps to have a friend to talk to when you're feeling overwhelmed or to provide encouragement when you're doing well. After a diagnosis, it's difficult to keep track of all the things you need to do. A buddy can help keep you on track. This is what Health Buddies is all about! Seniors in Service matches caring, trained volunteers with individuals living with a chronic condition to provide reassurance and support your path to better health.

A recent Health Buddies client shared how his Health Buddy made all the difference in helping him manage his diabetes: "I sometimes forgot to check my blood sugar or take my medication on time. Regular calls from my Health Buddy helped me stay on schedule. I looked forward to his calls. He made me laugh and we got to be friends. My lab work improved, and my doctor said, 'I don't know what you are doing, but keep doing it!'"

Health Buddies can also help connect you to the community resources you need to maintain your health and independence; this could include referrals for meal services, transportation, or financial assistance.

Health Buddies is free and can be the solution you need for better health. If you or someone you know is dealing with a chronic condition, sign up today at [www.SeniorsInService.org/health-buddies](http://www.SeniorsInService.org/health-buddies) or call (813) 492-8931.

## Become a Health Buddy

Research shows volunteering is good for your health, giving you a sense of purpose and alleviating stress. Seniors in Service provides training and ongoing peer support for Health Buddies throughout their service. If you are interested in making a meaningful contribution to the life of a person with a chronic illness, enrolling as a Health Buddies volunteer is easy at [www.seniorsin-service.org/health-buddies](http://www.seniorsin-service.org/health-buddies). Click "Volunteer Sign-Up" to complete the volunteer application form or call (813) 492-8931.

In addition to Health Buddies, Seniors in Service provides many ways you can use your talents to help others, including writing cards of encouragement to veterans, providing telephone reassurance for isolated seniors, or tutoring a child. Learn more about Seniors in Service and Health Buddies at [www.SeniorsInService.org](http://www.SeniorsInService.org) and follow us on Facebook @SeniorsinService.

### About Seniors in Service of Tampa Bay:

Seniors in Service provides solutions to community challenges by engaging volunteers age 55+. Founded in 1984 as a non-profit 501(c)3, we improve the lives of seniors, children, veterans, and individuals living with chronic disease. Our volunteers also benefit from staying active and purposeful. We serve 7500+ individuals annually in Hillsborough, Pinellas and Pasco, engaging 900+ volunteers in collaboration with 150+ community partners. For us, it's not just a tagline.

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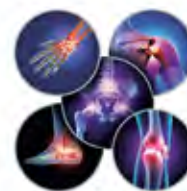


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# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they



knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



## We Are The Right Place To Be Right Now

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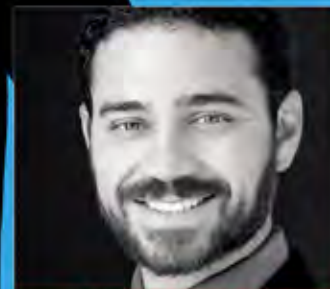
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