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November 2021


St. Petersburg/St. Pete Beach Edition - Monthly

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- Orbital Tumors



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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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90 Years of Progress to Serve the Community

As a part of the South Pinellas community for 90 years, St. Anthony's Hospital has provided compassionate care to thousands of patients. And the hospital, which is part of the BayCare Health System, is continuing its commitment to providing health care to all in our community with the construction of a new 90-bed patient tower scheduled to open in Spring 2022.

"We like to say that we are providing 90 beds for our 90 years," said St. Anthony's Hospital President Scott Smith. "The patient tower will enable us to meet the growing needs of the community we serve, improve access to care and enhance the patient experience."

As St. Anthony's marks 90 years of providing exceptional care to all, it's important to take a look back at how the hospital started – and a look forward to where it's going as this \$152-million phase of the hospital's construction project continues.

A Look Back

When the Great Depression of 1929 took its toll on businesses throughout the country, health care was not spared. Financial woes forced Faith Hospital of St. Petersburg to close its doors in 1930.



St. Anthony's Hospital was opened in 1931 by the Franciscan Sisters of Allegany, N.Y., to serve the health care needs of the community.



St. Anthony's Hospital President Scott Smith says the \$152-million project will enable the hospital "to meet the growing needs of the community we serve, improve access to care and enhance the patient experience."

Dr. LeRoy Wylie, who had operated the hospital since 1920, and the Most Rev. Patrick Barry, bishop of the St. Augustine Diocese, sought out the Franciscan Sisters of Allegany (N.Y.) for help. The Sisters were already operating St. Francis Hospital in Miami.

In June 1931, the Sisters bought Faith Hospital for \$40,000. They renamed the hospital after the Franciscan saint, St. Anthony of Padua. St. Anthony's name is often invoked to help find lost articles or grant miracles because he was known as the helper of those in trouble.

Four months later, Mother Mary Magdalena, St. Anthony's first administrator, arrived in St. Petersburg. In all, nine Franciscan sisters and two postulants came to St. Petersburg. With \$50 among them,

their mission was to establish the first Catholic hospital on Florida's West Coast. The hospital officially opened in November 1931.

"St. Anthony's has a long heritage of working to provide high-quality compassionate care guided by the mission and values of the Franciscan Sisters of Allegany," said Sister Mary McNally, OSF, vice president of mission. "We want to care for all and provide them with healing for the whole person both physically and spiritually."

The health care mission is a major commitment of the Franciscan Sisters of Allegany. Education, research and scientific advancement characterize each Franciscan health care institution. The values of respect, hospitality and quality compassionate care epitomize the Franciscan spirit at St. Anthony's.

In 1951, the hospital grew into a six-building complex with 225 beds. Five years later when the hospital celebrated its' 25th anniversary, there were 300 beds and about 7,500 patients were being treated each year by a medical staff that included an estimated 130 physicians

From the 1950s through the 1970s, St. Anthony's expanded further and began providing services to the community that were unavailable in Pinellas County. In 1960, St. Anthony's opened the first Cardiac Catheterization Lab in the county. In 1972 the hospital had the first computerized pharmacy in the southeastern United States.

The 1980s and 1990s also had their share of firsts. In July 1980, St. Anthony's opened its CareUnit, a facility to treat patients with drug and alcohol-related dependencies. The 1990s saw the computerization of the hospital's Health Information System. St. Anthony's also became one of the first hospitals that joined together to form BayCare Health System. BayCare is a leading not-for-profit health care system that connects individuals and families to a wide range of services at 15 hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions.

And the 2000s saw the opening of the Emergency Center and Franciscan Patient Care Tower in 2012. The hospital currently has 393 beds.

Moving Forward

As 2021 is nearing its end, many changes have been made at St. Anthony's to prepare for the future. And the construction project has continued on schedule as the hospital worked through the COVID-19 pandemic.

The 90-bed patient tower will feature all-private patient rooms. Each floor will house a different unit including post-surgery; general medical/surgery; dialysis; and oncology. There will be bridges on the fifth and sixth floors to connect the new facility to the existing hospital.

"We also are adding three additional surgical suites which will bring our total to 16," Smith said. "We have so many surgeons in St. Petersburg who want to bring their patients to St. Anthony's. We are adding the surgical suites to increase capacity and service to our community."

To prepare for the 90-bed tower, several departments throughout the hospital, including Release of Medical Records, Pre-Admission Testing and Team



The new 90-bed patient tower will feature all-private patient rooms. Each floor will house a different unit including post-surgery; general medical/surgery; dialysis; and oncology.

Resources, were relocated so they are more accessible for the community. The largest relocation involved moving the hospital cafeteria and kitchen from the ground floor to the first floor. The kitchen/cafeteria was the eighth department move during this phase of the project.

"Moving the cafeteria to the first floor is a significant customer service enhancement to help visitors easily locate food services," Smith said. "Our goal is to make sure that all who visit our hospital are able to easily find those areas that they need to go to. And now that the COVID numbers have begun to come down, we also have our volunteers and concierge teams to help guide patients and visitors."

When the patient tower is complete, patients and visitors also will see a new main entrance to the hospital off Seventh Avenue N. "This main entrance will become the focal point of the hospital allowing patients and visitors to easily access all other areas of the campus," Smith said.

In addition to the completion of the patient tower and the new Seventh Avenue entrance and main lobby, there are several construction milestones set for the remainder of 2021 and into the upcoming year, including:

- Converting the former kitchen into the hospital's facilities department;
- Creating additional classroom space to meet the needs of the hospital team members as well as community members; and,
- Constructing the clinical education department to include a simulation/skills lab and classrooms.

Most of the ground floor renovations are scheduled to be completed in April 2022. Several other departments have temporarily relocated and will be moving to permanent spaces in the next seven months.

"We are working hard to continue to provide the same compassionate care that has been a hallmark of the hospital when it was opened 90 years ago by the Franciscan Sisters of Allegany," Smith said. "The construction of our new patient tower will help us to continue to build that legacy of community service far into the future."



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

Whe 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
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- Orbital Tumors
- Blepharospasm
- Hemifacial Spasm



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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

We 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.

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GROWTH HORMONE AND SLEEP DYSFUNCTION

During the first few hours of sleep, we secrete growth hormone (GH).¹ 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.¹. Replacing the growth hormone with an 100% natural treatment is critical for many adults who want to improve their sleep patterns and health.

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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.

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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."

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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

Overall Rating: ★★★★★

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KEEP CALM AND SPA ON DURING THE HOLIDAYS

You've all seen the displays in the stores already...Thanksgiving, Hanukkah, and Christmas are around the corner! And as exciting as these events can be, they can also be stressful. There are so many tasks to complete and events to attend that we may end up being both physically and mentally exhausted.

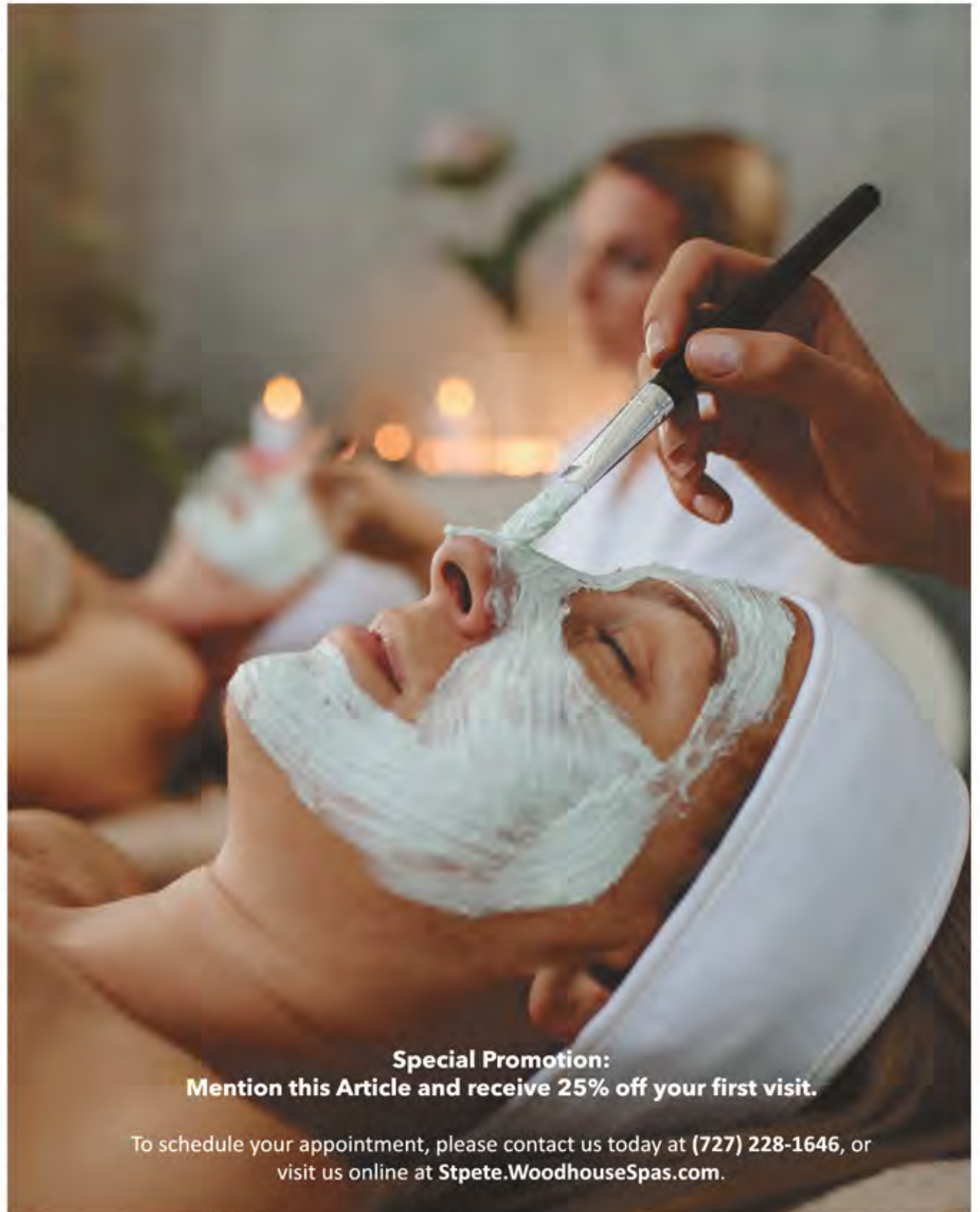
The truth is, you need a spa day regardless of the season. This is a fantastic way to relax and take care of your body. Everyone needs to be pampered every now and then...especially during extra busy moments of our lives.

With these events you will want to make sure that you not only look your best but feel your best too! A spa day gives your body the opportunity to relax and rejuvenate. This will help you feel more energized. Detoxifying your body by getting a good massage puts you on the path to gaining a better night's sleep as well. When it comes to dealing with stress...especially holiday stress...we all know that sleep is one of the best ways to help our bodies feel better. This would be the perfect time to try one of our deep sleep massages. (explain further what the massage entails)

Your skin will also benefit from one of our various facials and body treatments. This is the perfect time to get a body scrub in our Vichy shower. Your skin will be glowing just in time for that special party or event with family. (If you want to extend the story then mention one or more of our specific treatments done in the Vichy shower) Did I mention that we have anti-aging facials too? (Add a description of one of them here) Feel your most confident going into these fun but stressful times. We all deserve that pause in our daily lives to take care of ourselves.

So, keep calm and Spa On!

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In The United States, Diabetes is an Epidemic

New Treatment Options

With 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

Hair Loss is Devastating for Many People

PRP HELPS RESTORE HAIR



Hair 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

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.

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!



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

WWW.DRJAIMEK.COM



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,
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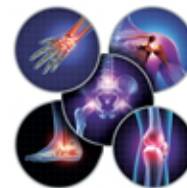
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What's Your Diet?

By Pastor Roger P. Felipe

Weight-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.



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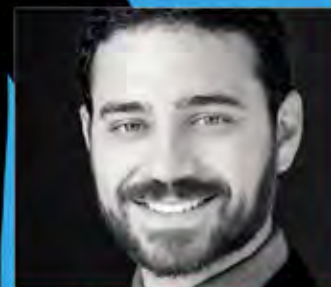
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