

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

November 2021

South Tampa Edition - Monthly

www.HealthandWellnessFL.com

  **FREE**

Tips for Protecting Your Family When Flu Season Collides with COVID-19

See Page 6

Diabetes NEW TREATMENT OPTIONS

See Page 7

St. Joseph's Hospital:

ONE OF THE 100 BEST HOSPITALS
IN AMERICA FOR FOUR YEARS IN A
ROW PER IBM WATSON HEALTH[®]



St. Joseph's Hospital

**Alzheimer's
Awareness
Month**
PREVENTION

See Page 8



Clinical Trials

- SAVE LIVES -

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

CURRENTLY ENROLLING TRIALS:

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

QUALIFIED PARTICIPANTS MAY:

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

Contact us for more information!



FORCAREMED.COM



813.264.2155

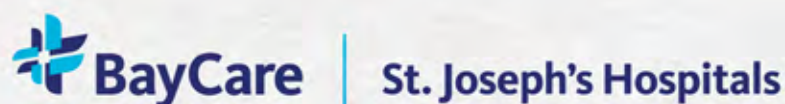


FORCARE
CLINICAL RESEARCH

Trust your hips and knees to the leader in joint replacements.

When you have your hip or knee replacement procedure at a BayCare hospital, you're trusting a leader in Tampa Bay. No health system or hospital does more hip and knee replacements than BayCare. That level of experience means clinical excellence, which is why 98 percent of our hip and knee replacement patients are up and walking within 24 hours of surgery.

For a physician referral: BayCareJointRepair.org or (844) 260-7155



BioPro+™

FASTER.EASIER.SAFER.

BIOIDENTICAL ALTERNATIVE TO HGH



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



\$30 OFF
WITH CODE
HW2021

HOW TO ORDER



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

BPT BioProtein
TECHNOLOGY

@BIOPROTEINTECHNOLOGY
 @BIOPROTEINTECH
 BIOPROTEIN TECHNOLOGY

1.800.280.2456
 INFO@BIOPROTEINTECH.COM

FIX MY:



HORMONES



LIBIDO



WEIGHT



SLEEP

CONTENTS

NOVEMBER 2021

6 Tips for Protecting Your Family When Flu Season Collides with COVID-19

7 In The United States, Diabetes is an Epidemic
New Treatment Options

8 Alzheimer's Awareness Month: Prevention

9 5 Reasons to Avoid Knee Replacement Surgery

10 Quality Sleep Promotes Healthy Aging, Fat Loss and Mental Clarity

12 Hair Loss is Devastating for Many People
PRP Helps Restore Hair

13 A Patient's Excruciating Back and Leg Pain...
Relieved in One Day!

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

15 Keep Calm and Spa On During the Holidays

17 Improve Your Health with a Buddy

18 Spiritual Wellness: What's Your Diet?

CONTACT US

OWNER / ACCOUNT EXECUTIVE

SOUTH TAMPA - (727) 515-2353

BOB GUCKENBERGER

bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING

sonny@gwhizmarketing.com

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

To get your article published and for ad rates, call

South Tampa

Bob Guckenberger - 727.515.2353

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

DOCTOR ROSH

OCULOFACIAL SPECIALIST

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

Natural. Refreshed. Rejuvenated.

**Oculofacial Surgery &
Cosmetic Laser Institute**

24420 State Road 54 | Lutz, FL 33559



Cosmetic Services

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

Functional Services

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



**Experience is
everything.**

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

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

Phone: 813.303.0123 | Fax: 813.587.9861

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

Tips for Protecting Your Family When Flu Season Collides with COVID-19

Flu season is expected to arrive right on time this year and it's on a collision course with COVID-19 and the current wave of the Delta variant. Most physician offices are already offering this year's influenza vaccine, hoping to get ahead of this year's flu viruses.



BayCare Pediatric Service Line Medical Director Dr. Christina Canody provides answers to common questions about the flu and the importance of vaccination during a pandemic.

Why is it so important for families to get the flu vaccine this year?

This year, the administration of the influenza vaccine has two really important implications. The first one is that it's always important to get the vaccine because we still have deaths each year attributed to influenza. Despite having a vaccine for prevention and medications for treatment of the illness, on average 200 children and 25,000 adults in the United States die from influenza each year. So, it's something that's real and something we are presented with every year. Vaccines directly reduce the risk of hospitalization or death from the flu.

The second reason is the pandemic. We don't have a lot of information of how the COVID-19 and influenza viruses will behave if you were infected with them at the same time. It's not unusual to see patients with two strains of influenza, or influenza and strep infections at the same time. If somebody were to become infected with COVID-19 and influenza at the same time, it's possibly they could have more severe symptoms and even become critically ill. Already this year, we've experienced record high numbers of respiratory syncytial virus (RSV) infections in children after seeing very few cases last year. Influenza season could rebound much the same, putting more children at risk.



When should we make the appointment to get the flu vaccine?

Typically our flu season in Florida starts in October and then goes all the way through spring break. Last year, it was pre-empted by COVID-19 and all of the precautions in place to prevent the spread. As a result, we experienced a massive decline in influenza infections. This year, we really don't know. We're hopeful that people will continue to take precautions including getting a flu vaccine, mask wearing, good hand hygiene, and staying home when feeling sick and that we'll see lower rates of influenza.

If you've never received the flu vaccine before and you're 8 years old or younger, you actually need to get two doses. So, having those two doses at least a month apart will take a little bit of time. We recommend getting your vaccine as soon as you can. This year's vaccine is already available at your physician's office or a pharmacy near you.

Since there are similarities between flu and COVID-19 symptoms, will children with symptoms be screened for both?

With kids back in school and increasing social interaction, influenza testing will expand as we start to see infections in the community. With the younger kids, they will actually be screened for influenza, in addition to RSV and COVID-19. For the older kids, it's influenza as well as COVID-19 and strep throat when presenting similar symptoms.

Should parents or caregivers be concerned about bringing their child to a doctor's office?

Physician offices work hard to create a safe environment for kids to keep up with the normal checkups and also provide for those who are acutely ill. Pediatric care focuses on prevention and it's important to monitor a child's growth and development. Additionally, putting off a visit for a problem can make it more difficult to treat. Be sure you are familiar with the changes your child's doctor has put into place and bring along your patience, as keeping everyone safe may take more time.

It's also important to keep your child's immunizations up to date. A report from the American Academy of Pediatrics earlier this year indicated that approximately 50% of children are behind on vaccinations due to the pandemic.

In addition, if a child is sick, it's important they are evaluated because although the prevalence of COVID-19 infections is currently in a peak, there are many other illnesses that kids experience. RSV, rhinovirus and strep throat are currently going around and something like strep needs to be treated with an antibiotic to avoid the risk of heart problems. Contact your child's doctor for guidance on testing, treatment and possible quarantine.

Do you think we'll see less flu infections because of extra precautions for COVID-19?

Ideally, we hope for another quiet flu season, however, that's not expected because families have resumed full activities and travel. Following the practices we continue to stress is key: get vaccinated, practice hand hygiene, wear face coverings inside or in close proximity to others, and stay home if you are sick. Understanding that we all have a part in keeping each other safe and healthy is an important lesson for all to remember.



BayCareMedicalGroup.org

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.

FC FORCARE
MEDICAL CENTER

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!



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



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, neu-

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.



James Leiber, D.O. | Ron Torrance II, D.O. | Ignatios Papas, D.O.



Regenexx®
At New Regeneration Orthopedics

REGENEXX TAMPA BAY

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

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

Sarasota
2401 University Pkwy, Suite 104
Sarasota, FL 34243

.....

813-531-9229
NEWREGENORTHO.COM

QUALITY SLEEP PROMOTES HEALTHY AGING, FAT LOSS AND MENTAL CLARITY

When 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).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.

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, call 1-800-280-2456, or email info@bioproteintech.com.



ATTENTION PROVIDERS:

If you would like to become a **BioPro+** Approved Physician, please contact us at BioProteintech.com, Info@bioproteintech.com or call 1.800.280.2456.



BioPro+

FASTER EASIER SAFER

And BioPro+ For Her

REJUVENATE YOUR CELLS AND REVERSE AGING

Fix your: Hormones | Aging | Weight | Libido

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



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

Mark Gunderson, MD
Age Management Institute Reno, NV

Overall Rating: ★★★★★

\$30 OFF
WITH CODE
HW2021

BioProteinTech.com 1.800.280.2456

ONLY AVAILABLE
THROUGH APPROVED PHYSICIAN PROVIDERS

NATIONAL INSTITUTE OF SPINE & PAIN

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

ARE YOU SUFFERING FROM PAIN?



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

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

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

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

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.



FORCARE
MEDICAL CENTER

15416 North Florida Ave., Tampa, FL 33613



Dr. Sunil Panchal

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

Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

Dr. Sunil Panchal of the National Institute of Spine and Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and 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, or call them at (813) 264-PAIN (7246).

The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

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 taught 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



Oculofacial Surgery and Cosmetic Laser Institute
Natural | Refreshed | Rejuvenated

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

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!

THE WOODHOUSE
day spa®



Special Promotion:
Mention this Article and receive 25% off your first visit.

To schedule your appointment, please contact us today at (727) 228-1646, or visit us online at Stpete.WoodhouseSpas.com.



THE WOODHOUSE
day spa[®]
- ST. PETE -

25% Off Your First Service*
*Cannot be combined with any other offers.

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

stpete.woodhousespas.com



**THE RESOURCE
EMPOWERMENT CENTRE**
CONNECTING, TRANSFORMING, & EMPOWERING COMMUNITIES! ♥

Community Solutions
HOUSING STABILITY
FINANCIAL LITERACY
FOOD SECURITY
Information

FOR LONG-TERM CARE EMPLOYMENT AND

Common Needs DOMESTIC VIOLENCE VIRTUAL WEB-BASED TRAINING Referrals

Resource Adv^ocates

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

**TRANSFORMING LIVES
ONE CLIENT AT A TIME**

**ADOLESCENT COUNSELING
OR COACHING**
Get Through to Your Teen!
Your teen will get help and guidance on:
Prioritizing/Procrastination, Anxiety/Depression,
Relationships/Peer Groups, Social Media,
College Prep and Family Issues.

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

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



**BEST WORK-LIFE
BALANCE BOOKS
OF ALL TIME**

SUPERWOMAN'S GUIDE
to super fulfillment - book

**SESSIONS OFFERED
VIRTUALLY AND IN PERSON**
WWW.DRJAIMEK.COM
JAIME@MINDFULREHAB.COM

AS SEEN ON

CNBC Forbes GLAMOUR E! E! Daytime Prevention.
SELF Chicago Tribune First THE TIMES OF INDIA MARIA SHRIVER

FC FORCARE[®] (813) 553-5992
MEDICAL CENTER

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



**TREATING CHILDREN
& ADULTS**

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

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

Improve Your Health with a Buddy

You'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 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.seniorsinservice.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 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.

We are GEARED UP TO SERVE!



SENIORS in SERVICE

GEARED UP TO SERVE

For more information,
visit www.seniorsinservice.org

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.



We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

Accepting New Residents | Call Today!



813.381.5105
AstonGardens.com

12951 W. Linebaugh Avenue, Tampa, FL 33626
Active Independent Living | Assisted Living | SHINE™ Memory Care



813.502.1146
DiscoveryVillages.com

11330 Countryway Boulevard, Tampa, FL 33626
Assisted Living | SHINE™ Memory Care

Prices, plans and programs are subject to change or withdrawal without notice. Owned and operated by Discovery Senior Living. Void where prohibited by law. Assisted Living Facility License Numbers: #13328 & #10546. ©2020, Discovery Senior Living, DVW-0047 3/20



THIS IS NO TIME FOR PAIN

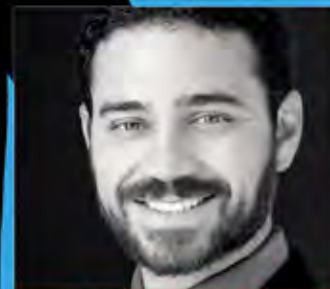
NON-SURGICAL ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOASM



IGNATIOS PAPAS, DO

REGENEXX TAMPA BAY

Tampa Bay

8600 Hidden River
Pkwy, Ste 700
Tampa FL 33637

St. Petersburg

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

Sarasota

2401 University
Pkwy, Ste 104,
Sarasota FL 34243