

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

December 2021

Pasco/North Tampa/New Tampa Edition - Monthly

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  **FREE**

Isn't it Time You Gifted Yourself This Year?

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Preparing for 2022

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Reducing Your Risk of Cancer for Healthier Holidays

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Do We Really Need Sunscreen in the Winter?

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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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BayCare Hospitals Use Innovative Surgical Procedure for Carotid Artery Disease

BayCare hospitals, including Morton Plant North Bay Hospital and St. Joseph's Hospital-North, are performing TransCarotid Artery Revascularizations (TCAR), an innovative surgical procedure that is less invasive for patients with carotid artery disease. Carotid arteries are the blood vessels on the side of the neck. The disease happens when fatty, waxy buildups clog these arteries. The buildup can restrict blood flow to the brain.

Any repair of the carotid artery carries some stroke risk during the procedure itself. TCAR is specifically designed to help minimize stroke risk by keeping potential stroke particles away from the brain during the procedure.

"We are excited to be the first hospital in West Pasco County to bring this truly groundbreaking procedure to our patients and community," said Brandon May, president of Morton Plant North Bay Hospital. "TCAR is a critical advancement in preventing future strokes. Used to treat carotid artery disease, TCAR may be an excellent, minimally invasive option for many."

TCAR is considered an excellent alternative to the carotid endarterectomy, another type of carotid artery surgery.

"TCAR is not as high risk for stroke, it is a newer platform for major surgery," said Alicia Allen, St. Joseph's Hospital-North manager of interventional services.

Dr. Brandt Jones, a vascular surgeon, who performed the first several TCARs at St. Joseph's Hospital-North points out other advantages in addition to a lesser chance of stroke.

"It can also prevent injury to nerves, complications related to post-surgical swelling and there is less of a risk for cardiovascular side effects," Dr. Jones said. "The surgery is also more cosmetically appealing. The incision is significantly smaller and that can make a big difference for some people."



In a TCAR, the surgeon makes a small incision at the neckline just above the collarbone. The surgeon places a sheath, a small tube, directly into the carotid artery and connects the sheath to an external flow reversal system that temporarily reduces the chance that stroke particles can infiltrate the brain.

Blood travels through a filter system outside the body and the filtered blood is returned to the body through a sheath in the femoral vein in the thigh. The surgical team implants a stent in the carotid to treat the narrowing of the artery. A stent is a tiny tube to open a blocked passageway.

TCAR can also reduce the time required to perform the procedure and the amount of time a patient needs to spend recovering in the hospital.

"TCAR is a new procedure but it's a very important advancement in how carotid stenosis and carotid blockages are treated to try and prevent strokes or treat the aftermath of strokes," said Dr.

Mark Vaaler, chief medical officer of St. Joseph's Hospital-North. "It is something we are excited to offer at St. Joseph's Hospital-North so that our community members don't have to travel to distant places to get this."

In BayCare, five other hospitals along with St. Joseph's Hospital-North in Lutz and Morton Plant North Bay Hospital in New Port Richey are currently performing TCAR: Mease Countryside Hospital in Safety Harbor, Morton Plant Hospital in Clearwater, St. Anthony's Hospital in St. Petersburg, St. Joseph's Hospital in Tampa and Winter Haven Hospital.



Learn more about TCAR:
<https://baycare.org/services/heart-and-vascular/transcarotid-artery-revascularization-tcar>

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Reducing Your Risk of Cancer for Healthier Holidays

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

As we close out 2021, many of us will be making resolutions to get healthier in the coming year. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get recommended screenings such as colonoscopies, Pap smears and mammograms.
- Maintain a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking - or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Let your doctor know if there is a family history of cancer.

CANCER SCREENINGS ARE MORE IMPORTANT THAN EVER

Throughout the pandemic, many people have chosen to postpone or even skip recommended cancer screenings, such as mammograms, prostate exams, PSA testing or colonoscopies, among others, for various types of cancer, causing a substantial delay in diagnosis and treatment for senior adults and Medicare beneficiaries. Because of this, some patients are being diagnosed with more advanced stages of cancer, and there have been delays in beginning treatment, resulting in poorer outcomes for patients. Early diagnosis and treatment is a substantial factor in surviving cancer; please do not skip or delay your recommended screenings.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS - TAKE IT SERIOUSLY

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell carcinoma and squamous cell carcinoma, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; smokers are 15-20% more likely to get lung cancer than nonsmokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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



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visit FLCancer.com

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.

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



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Isn't it Time You Gifted Yourself This Year?

Whether it's for you or someone you love, facial plastics and aesthetic procedures can improve confidence, motivation, and well-being.

Age, stress, toxins, overindulging, getting off track on your fitness journey—These things can contribute to us not feeling so good about ourselves. 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.

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 provides 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.

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.

Injectables: Neuromodulator and Fillers (Botox®, Juvederm®, etc.)

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.

Blepharoplasty

If the appearance of your eyes concerns you and you've tried nonsurgical options, you may want to consider blepharoplasty, also referred to as eye lift or eyelid surgery. It may also be an option if sagging eyelid skin is making it harder for you to perform daily activities. "If a patient has excess skin or droopy upper eyelids, an upper lid blepharoplasty with or without a ptosis repair is usually the most effective treatment," said Roshni Ranjit-Reeves, MD, an oculofacial plastic surgeon at the Oculofacial Surgery and Cosmetic Laser Institute.

Upper blepharoplasty removes excess eyelid skin to give your face a more rested look. Lower lid blepharoplasty can be done to remove under-eye

bags. Laser skin resurfacing is often performed at the same time to help smooth out under-eye wrinkles, stimulate collagen, and improve skin texture.

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

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.



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

How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

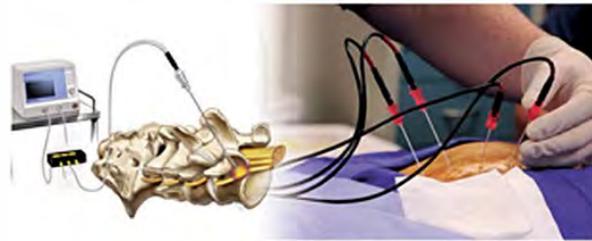
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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 & 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 & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and Founder, Sunil Panchal, MD, is a board-certified interventional pain/minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013).

Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Spine & 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 & Pain

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org



GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause.

There is a common misconception that ED is just another sign of aging, but that couldn’t be further from the truth. Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical evaluation and treatment from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED’s Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has



developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

it’s Never too Late

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be, but it’s not too late. GAINSWave has helped many patients with advanced ED conditions.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

Physical Medicine Center has many Google Reviews to Share with you. You can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa). We’ve highlighted a few:

“The minute you call the clinic you get the feeling that you are going to receive excellent treatment. They are very thorough and friendly. Dr. Lupo explains things thoroughly—is a place that I would highly recommend.”—Jose

“The staff of Physical Medicine are excellent. Their professionalism and knowledge of specific procedures being used I find very reassuring. I am trying to regain my ability to become “normal” again after prostate cancer and I am in treatment using the Gainswave technology along with the P-shot injections...”—Dan

“I have been coming to Physical Medicine Center for many years. I have a number of things wrong with my back, including Osteoarthritis, and a number of herniated discs. If it were not for Dr. Lupo and his great staff, I would have opted for some major back surgery years ago. Over the years, he has been able to let me enjoy a good quality of life, often with very little or no pain...”—Craig

DON’T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

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HOW SLEEP DISRUPTIONS DESTROY A HEALTHY BRAIN AND BODY

How Natural HGH Improves Sleep Patterns & Wellness

During sleep, our body and brain goes through an intense and critical “house-cleaning” process. This includes memory restoration, muscle repair, and immune system modulation, to name a few.

During the night, we go in and out of sleep stages. Deep sleep, known as REM (rapid eye movement), is the final stage. If we do not get into REM, we are susceptible to cellular degeneration, because during deep sleep, our brain and body repairs itself, blood circulation increases, and our energy levels are replenished.

DISRUPTIONS IN SLEEP CAN CAUSE SERIOUS CHRONIC DISEASES AND CONDITIONS TO TAKE PLACE SUCH AS STROKE, DEMENTIA, HEART DISEASE, INSULIN RESISTANCE, AND BEHAVIORAL CHANGES, TO NAME A FEW.

Once you develop bad sleep habits, your cortisol levels rise, which along with adverse reactions in the body, causes an interruption in melatonin, which creates a cyclical poor sleeping pattern that is challenging to overcome.

MORE ON CORTISOL

The increase in cortisol also drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, you’re probably noticing a few extra pounds despite your healthy diet and exercise routine.

IMPROVING SLEEP WITH GROWTH FACTORS

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.

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

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!



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.

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+ BENEFITS:

- Hormonal balance
- Weight
- Libido
- Sleep
- No side effects
- 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.

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.

BioPro+ gives you the energy to make lasting memories and improve your 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.

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



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BioPro+ Clients
Have to Say!**

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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+ is only available through approved physicians.
Don't have a BioPro+ physician? No problem!*

We provide instant physician approval right online at Bioproteintech.com

No office visits, no pharmacy lines, no waiting

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/>

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LIBIDO

WEIGHT

SLEEP

BioPro+ has the profound ability to balance hormones, raise sex hormones, decrease insulin sensitivity, and produce increases of mitochondria and nucleic acids to create a total system modulator. **BioPro+** regulates, rebuilds, and regenerates at the cellular level to help you look, feel, and perform your best.

CHECK WHAT DOCTORS HAVE TO SAY!

MARK C. GUNDERSON
MD MEDICAL DIRECTOR AGE MANAGEMENT INSTITUTE

"BioPro+ is a fantastic alternative to human growth hormone (HGH)... I have many patients who have been on HGH, and have successfully replaced it with this product. I continuously recommend BioPro+ to my patients as a vital part of my Age Management practice. In fact, I am a faithful user of BioPro+ myself!"

SCAN ME TO
SEE WHAT PHYSICIANS AND PATIENTS
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Preparing for 2022

It's hard to believe that it will soon be 2022. While many of us are looking forward to waving goodbye to 2021, there are things that you can and should do now to prepare for the new year ahead.

Start scheduling your medical appointments now. Florida is booming, and with all of the new people in town, it can be quite difficult to get in to see your screenings (mammogram, prostate, lung, etc.), dentists, doctor and other specialists' appointments. Don't wait until the last minute. Start calling and scheduling these important checkups now.

Update your investment portfolio.

Now is a great time to meet with your broker to discuss any new investments or changes to your portfolio.

Plan your trips soon.

Since we are able to travel fairly easily again, start thinking about and planning your trips with friends or family now. Even if it's a local vacation, beating the crowd early is the key to getting exactly what you want.

Implement health strategies now.

It's never too early to begin focusing on your health and implementing healthy lifestyle habits like exercise and diet. You certainly don't have to wait until 2022 is official. Start walking, join a group fitness class, find healthy recipes online, and give your kitchen an overhaul with healthy foods.

Plan senior living community tours.

If you're contemplating independent living or other senior living options, start researching and touring communities now. Again, with the influx of people into our sunny state, things can book up rather quickly. Make sure to bring your loved one or friends along to get their opinion too.

Enjoying Your Senior Years Comfortably

If you are a senior, you might also want to consider a change in your living arrangements. It's the perfect time to explore the possibilities of leaving the yard work and home maintenance behind. Discover the opportunities that Aston Gardens has to offer.

Aston Gardens is one of the most highly sought-after communities due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized

care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

Independent Living

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted Living

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINE® Memory Care

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.



The Difference

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.

Amenities

- Grand Ballroom
- Elegant Main Dining Room (5-Star)
- Private Dining Room
- Elegant Terraces and Outdoor Entertaining Spaces
- Heated Swimming Pool
- Lush Landscaping
- Senior-Equipped Fitness Center
- Library and Business Center
- Card and Game Rooms
- Activity Center
- Beauty Salon and Barber Shop
- Lounge
- Inviting Living Rooms and Common Areas Throughout
- Mail Room
- Concierge
- Full-Time Activities Director
- Themed Parties and Dances
- Educational Seminars
- Craft and Hobby Classes
- Card and Game Clubs
- Fitness and Wellness Programs
- Local Outings Around Town
- And so much more

Aston Gardens At Tampa Bay

Aston Gardens 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 our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

See why so many people want to call
Aston Gardens their home!

Call 813-343-4673 today or visit
astongardens.com.



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
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Psoriasis: New Treatment is Underway

More than 7.5 million people in the United States have psoriasis. It ranges from mild to severe and is a lifelong disorder. The effects of psoriasis are both physical and emotional, as individuals are usually in a great deal of discomfort and may also be embarrassed by the way their skin appears.

It's More Than a Skin Rash

What many people don't realize is that psoriasis is an autoimmune disease. The skin cells become overactive and produce more skin than what can naturally be sloughed off, so the end result is red, irritated skin with dry patches that eventually peel off. An autoimmune disease is a genetic disorder that causes the body to attack its own cells.

Psoriasis is an outbreak that causes a "rash" on the skin, but it can also affect the nails, tendons and joints. Some of the most common symptoms are red rashes or spots, dryness, cracking, flaking, peeling, depression and joint pain. Psoriasis can infect the feet to the head and everywhere in between. Depending on the severity of the disease, most people start seeing scaly skin patches on the knees, elbows, and scalp.

Psoriasis Treatment

Seeing a dermatologist is imperative to controlling your psoriasis. A dermatologist will evaluate your condition and according to your phase of psoriasis will develop a personalized plan including, light therapy, supplements, corticosteroid creams and medications if necessary.

Psoriasis Clinical Trial

While there are treatment options available, ForCare Clinical Research is paving the way for newly developed treatments with an advanced clinical trial.

A psoriasis research study underway in Tampa is looking for adults with psoriasis to test an investigational medication. There is no cost to participate.

Psoriasis Clinical Research

ForCare Clinical Research is seeking participants in the Tampa area. Psoriasis can have a serious impact on a person's life, especially when nothing seems to help. ForCare's research study is now underway in Tampa seeking participants. Study-related care will be provided to participants at no cost. Reimbursement



for time and travel may be provided. Participants will receive study-related care and investigational treatment at no cost.



Seth Forman, M.D. is The Lead Physician Overseeing ForCare Clinical Research

Dr. Seth B. Forman, award-winning Dermatologist, is owner of the ForCare Medical Group and has provided patient care for 12 years. He is Board Certified in Dermatology and Dermatopathology.

Dr. Forman graduated from the Medical College of Virginia in Richmond and completed his residency in a training program dedicated to dermatology and skin care at the Medical College of Virginia. He served as Chief Resident during his final year of training. Following that, he completed an advanced fellowship in dermatopathology at the Geisinger Medical Center in Danville, PA. Additional fellowships include the Radiation Oncology Summer Fellow at The Medical College of Virginia and the Microsoft Interactive Fellow at the University of Southern California.

Dr. Forman's research has led to his writing numerous peer-reviewed articles about various dermatological issues printed in select publications. Additionally, he is the primary author of two chapters in Comprehensive Dermatologic Drug Therapy, the leading reference textbook for dermatological therapeutics.

Dr. Forman is the winner of the AAMC/Pfizer Caring for Community Grant, American Cancer Society Community Service Grant and Mellette Cancer Scholarship. He is a member of the American Academy of Dermatology, Hillsborough County Medical Association and The American Medical Association.

A much sought-after speaker, Dr. Forman is a Regional Board Member for the American Cancer Society, Board Chair of Hillel Academy and has served as Board Member of The Liaison Committee for Medical Education (LCME), The Medical College of Virginia.

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



ForCare Medical Practice in Tampa, FL

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

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



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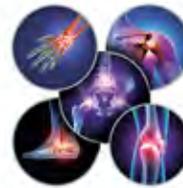
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you can benefit from visiting the
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Do We Really Need Sunscreen in the Winter?

The Answer is—a resounding YES, you need sunscreen. One in five people develop skin cancer, and it doesn't matter what time of year it is. The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. But just because it's darker, cloudier and cooler, doesn't mean it's any safer.

UV radiation has multiple levels; for example, UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays. UVA rays play a huge role in causing skin damage and aging. The wavelengths of UVA rays are long and are therefore less harmful than UVB rays. UVB rays are extremely damaging to the skin and eyes and can cause cancer. UVB rays are shorter wavelengths and consequently can even penetrate through glass, so while driving in a car, or sitting by a window at work, the UVB radiation can harm you. It's best to always protect yourself by wearing sunscreen and protective clothing.

But What About My Vitamin D Levels?

Tanning is not a good idea. While experts say 15 minutes of sun exposure a day will increase vitamin D levels, overdoing it is too easy. Don't make the mistake of not wearing your sunscreen. The best way to get vitamin D is through supplementation and the best way to look bronzed is by a sunless tanning lotion or spray made of natural, chemical-free ingredients.

Get a Skin Check Regularly

There are so many choices and options when it comes to keeping skin healthy and protecting our skin from the sun's harmful rays. Consequently, A small investment of your time can help save your life. On average skin cancer screenings take about fifteen minutes. These few minutes of your time can potentially prolong years to the health of your skin and life.

Skin Cancer Treatment

Basal cell and Squamous cell carcinoma are both common non-melanoma skin cancers. These types of cancer can be treated with non-invasive Electron Beam Therapy.



Non-Surgical Electron Beam Therapy

Electron beam offers patients an effective treatment without surgery. A small electron beam pinpoints the area precisely and destroys the cancer cells on contact. It is well controlled and does not penetrate the tissues too deeply, which preserves healthy tissue. While it is highly effective, it requires several rounds of treatment to ensure the cancer cells are completely eradicated and not impeding any tissue margins. Electron beam therapy offers dermatologists a precise mechanism for non-melanoma cancers and is an excellent option for sensitive areas such as the ears, lips, nose, and near the eyes. Electron beam therapy disrupts the cancer cells and reduces their likelihood of reproducing. Not all dermatologists offer this innovative procedure.

ForCare Medical Group is on the leading edge of advanced procedures and treatment options. They are one of the only offices that provide Electron Beam Therapy here locally.

A dermatologist can diagnose up to 3,000 different skin disorders. On a regular basis, you should have a screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new types of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

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.

Let the ForCare team help you take charge of your health for both preventative and proactive medical care.



Seth B. Forman, M.D.

Dr. Seth B. Forman, award-winning Dermatologist, is owner of the ForCare Medical Group and has provided patient care for 12 years. He is Board Certified in Dermatology and Dermatopathology.

Dr. Forman graduated from the Medical College of Virginia in Richmond and completed his residency in a training program dedicated to dermatology and skin care at the Medical College of Virginia. He served as Chief Resident during his final year of training. Following that, he completed an advanced fellowship in dermatopathology at the Geisinger Medical Center in Danville, PA. Additional fellowships include the Radiation Oncology Summer Fellow at The Medical College of Virginia and the Microsoft Interactive Fellow at the University of Southern California.

Dr. Forman's research has led to his writing numerous peer-reviewed articles about various dermatological issues printed in select publications. Additionally, he is the primary author of two chapters in Comprehensive Dermatologic Drug Therapy, the leading reference textbook for dermatological therapeutics.

Dr. Forman is the winner of the AAMC/Pfizer Caring for Community Grant, American Cancer Society Community Service Grant and Mellette Cancer Scholarship. He is a member of the American Academy of Dermatology, Hillsborough County Medical Association and The American Medical Association.

A much sought-after speaker, Dr. Forman is a Regional Board Member for the American Cancer Society, Board Chair of Hillel Academy and has served as Board Member of The Liaison Committee for Medical Education (LCME), The Medical College of Virginia.

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



15416 North Florida Ave., Tampa, FL 33613

Regular Gynecological Wellness Visits Are Critical Even if You Don't Have Symptoms or Are Ignoring Them

By Parveen Vahora, M.D.

It's almost the New year! However, before we start celebrating, you might want to prepare a bit for important wellness visits and examinations. Have you had your gynecological wellness examination this year? Are you due or overdue?

Some common conditions can proliferate quite quickly in females. It's imperative to stay on top of your appointments and maintain regular examinations. Even if you don't think any is wrong, it's not wise to cross your fingers and procrastinate. Anything that is detected early will be easier to treat and offer optimal outcomes.

Let's say you do have symptoms of something new—Even more critical that you get seen by your gynecologist as soon as possible. Ignoring symptoms is dangerous, to say the least. Being proactive saves lives and can mitigate long-term issues.

Cervical Cancer Screening

Even if you don't need a pap smear, you should absolutely still schedule your gynecological wellness exam every year to evaluate for disease and disorders, including cervical cancer.

The most important thing that women can do to prevent cervical cancer is to have regular cervical cancer screenings. These are given during a Pap test or wellness exam, which should be at least every year, or if you are at high risk or have had HPV, cancer, precancer, or other genital disorders, your routine visits should be several times per year. There are preventative tests that Dr. Vahora includes in her regular cervical cancer screening called, Papanicolaou (Pap) test, which checks for HPV specifically.

Pain Down There or Pain with Intercourse is Not something to Take Lightly.

As we age, many women think pain, burning, dryness or discomfort with intercourse is normal. It's not. It means that you need to get to the root cause of your issue which is often related to hormonal imbalance.

Many Conditions and Disorders Can Disrupt Vaginal Mucosa and Hormones.

Lack of estrogen, cancer treatment for ovarian cancer, cervical, breast cancer, others can disrupt the vaginal mucosa. If you have had an oophorectomy or hysterectomy, vaginal changes also occur quickly due to a disruption in hormones and vulvo-vaginal tissues. Menopause is a one of the primary issues of dryness, pain with intercourse and other disorders.

You do not have to live in pain and discomfort. There are viable treatments that have helped countless women find relief and turn back the clock. Along with hormone replacement (women who have had breast cancer usually cannot take hormone therapy), there is an innovative procedure called Monalisa Touch®.

Monalisa Touch®

Now it's possible to have relief from vulvovaginal atrophy due to the Monalisa Touch's® ability to gently improve the tissue of the vulvar and vaginal mucosa. No medications, no cutting, no lengthy healing times: This innovative laser therapy is for VVA. It's quick, efficient, and can be safely performed in the comfort and privacy of Dr. Vahora's office. With this treatment, women no longer have symptoms of dryness, pain, itching, or irritation. Women can enjoy intimacy once again. The Monalisa Touch® treatment also helps urinary symptoms such as incontinence and urgency.

REGULAR WOMEN'S WELLNESS EXAMS ARE ESSENTIAL

Your Wellness Visit

Both Dr. Vahora and Cammy Acevedo can identify any concerns such as heavy bleeding pelvic pain, menopausal symptoms, low libido, and pain with intercourse. If you have a family history of cancer, genetic testing can be offered. These conditions can be further worked up, and custom-tailored procedures and treatment options can be addressed to meet your specific needs. We can also identify if you have vulvovaginal atrophy (VVA) or pain with intercourse and talk about treatment options including to see if you are a candidate for the Monalisa Touch® treatment.



Parveen Vahora, M.D.

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



Cammie Acevedo, APRN

Cammie is a board-certified Nurse Practitioner with the American Association of Nurse Practitioners. Her academic background includes a Masters degree in Nursing from Chamberlain College of Nursing. Her previous nursing experience includes Labor and Delivery, Mother/Baby and Trauma/Surgical Intensive Care as well as working as an Advanced Practice Nurse in Family Medicine. With an extensive career in Women's Health, she has a passion for empowering women and she truly enjoys being able to provide high quality care while improving the lives of women through promotion of mental, physical, and sexual health and wellness. As a busy mom of 5, she enjoys spending time with her family attending sporting events and visiting different beaches when she's not providing patient care.

IF YOU HAVE BEEN PUTTING OFF YOUR GYNECOLOGICAL EXAM OR WELLNESS VISIT, NOW IS THE TIME TO MAKE AN APPOINTMENT.

Contact us today to schedule an appointment at Info@ParveenVahoraMD.com or during office hours call (727) 376-1536 or text (813) 548 4412.

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

Long Haul COVID Symptoms

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

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

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

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

Multiorgan Effects of COVID-19

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

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

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

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

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

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

How HBOT Works

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

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

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

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

References:

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

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

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

Common Off-Label Indications:

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

Hyperbaric Centers of Florida is a premier off-label Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multiplace Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA S10(K) cleared and compliant systems. We are treating all “Off-label” indications and several approved indications, as directed by a licensed physician and with written orders.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.



It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.

THIS IS NO TIME FOR PAIN

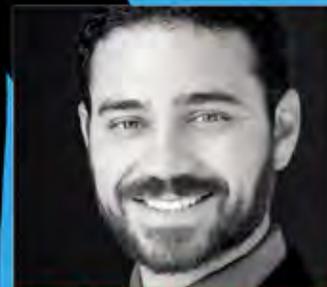
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