

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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Cardiovascular Risk Stratification

By Rajiv K. Sharma, M.D.

Globally, cardiovascular disease (CVD) is the number one cause of death. In medical care, cardiac risk stratification is essential. Understanding your risk level is imperative to making sure you are receiving appropriate risk reducing therapies, diagnostic testing, and furthermore allows individuals to be informed about and implement effective lifestyle changes. Decreasing the likelihood of morbidity or mortality is the goal for the cardiovascular and patient care teams. There are several steps we follow to determine a patient's risk levels. The earlier individuals start monitoring, getting routine examinations, and incorporating healthy lifestyle factors, the better.

#1 Epidemiology

Disease assessment is critical for determining your level of risk for cardiovascular disease. We know that after the age of 30, one out of two people will be affected by CVD at some point in their lifetime. Our goal is to reduce the burden and prevent hard-end morbidity such as limb amputation, heart attack, stroke, aneurysm, etc.

Early identification of risk factors is essential. If a patient goes undiagnosed or ignores their risk factors, cardiovascular disorders will progress and be more challenging to treat. As with all disease states, early diagnosis is crucial for optimal outcomes.

#2 Evaluating Stratification

We can see atherosclerosis (buildup of plaque in the arteries) as early as the age of 20. Ideally, every person over the age of 20 should have a CVD risk stratification, those with several established risk factors are especially at risk in the long term.

Typical risk factors that increase risk of cardiovascular disease are diabetes, high cholesterol levels, smoking, hypertension, family history, or personal history of CVD. The more of these one has, the higher their risk, and the more important risk stratification is.

Being informed about your CVD risk factors and getting proper medical care will lessen the likelihood of CVD events down the road, outcomes such



as heart attacks, stroke, limb amputations, and aneurysms. We have protocols in place to get an accurate assessment on our patients and help prevent and mitigate CVD conditions from progressing and evolving.

If you want to limit your risk at any age, it's imperative to eat a healthy diet, maintain a healthy weight, get regular exercise, limit stress, and get high-quality sleep. However, many patients will need medical interventions such as medications, diagnostic testing, and occasionally if not caught early, invasive procedures to reduce their risk or treat established disease.

#3 Determining Risk

How do we calculate your risk? We use a risk calculator that is based on lab work and the presence or absence of the risk factors mentioned earlier in this article. Basic lab work is critical to help us understand some of your metabolic risk factors: lipid (cholesterol) levels, hemoglobin A1c (diabetes). In addition to these blood tests there are also simple imaging tests that can help us assess your cardiovascular risk such as coronary artery calcium score.

Once we put all this information together, we can estimate your cardiovascular risk, thereafter, we can determine the course of action that needs to be taken.

Calculated CVD Risk Levels:

Less than 5%—Incorporate healthy lifestyle changes (diet, exercise, limit stress, etc.)

5% to 7.5%—This is a borderline risk level. Further tests can be used to "re-stratify" whether someone is low or high risk such as imaging including coronary artery calcium, vascular ultrasounds. There are also blood tests that can aid such as CRP, and a myriad of other diagnostic modalities.

7.5%+—This is a higher risk level. We may have patients start medications, depending on shared decision making and a risk/benefit discussion, medications such as aspirin and statins are often discussed.

Anything over 10% is considered high risk and greater than 20% very high risk for a cardiac event such as a heart attack in 10 years. In these cases, it is imperative to reduce risk. Some patients will require intensive medical treatment, some will



require further imaging testing and a subset of those who have high risk features on imaging tests may need procedural evaluation such as cardiac catheterization and, in some stenting, or referral to bypass.

#4 Risk Reduction

It all boils down to being aware of your health and risk factors. Be sure to get screenings, have routine blood work drawn, evaluate any new or lingering symptoms that you have, and incorporate healthy lifestyle factors. If you have diabetes, managing your blood sugar levels is critical. Diabetes and CVD are intricately associated.

Understanding symptoms is not so cut and dry. Many patients ignore these signs, which is the worst thing you can do, and many are confused by them and write them off as something else.

Common CVD symptoms:

- Chest pain with activity or exercise
- Shortness of breath
- Orthopnea (shortness of breath while lying flat)
- Hypertension (above 130/80) at rest
- Heart palpitations
- Dizziness
- Lightheadedness
- Edema (swollen limbs)
- Poorly controlled cholesterol
- Xanthelasma on elbows (excessive cholesterol bumps)
- Xanthelasma on eyes (excessive cholesterol)
- Claudication (pain in the calf when walking that subsides when you rest)

Starting Cardiovascular Risk Stratification early is ideal, but it's unquestionably never too late. No matter what your age, you should have routine physical examinations with blood draws regularly. If you have new symptoms or lingering symptoms, these are warning indicators that you need a cardiovascular consultation. Don't wait—Make an appointment promptly. If you have chest pain or symptoms of stroke or heart attack, call 911.



Rajiv K. Sharma, M.D.

Dr. Rajiv K. Sharma is board certified in cardiovascular disease, adult echocardiography, nuclear cardiology, cardiovascular computed tomography (CT), and internal medicine. He completed his fellowship in cardiovascular disease at the University of Tennessee Medical Center in Knoxville, Tennessee. He is part of BayCare Medical Group serving the St. Petersburg, Florida area. Dr. Sharma is trained in comprehensive cardiovascular disease and experienced in the management of a full range of cardiovascular disorders such as coronary artery disease, valvular disease, heart failure, arrhythmias, and cardiac risk stratification including the management of hypertension and cholesterol abnormalities. As an invasive cardiologist, he performs procedures such as right and left heart catheterizations. Beyond medical practice, Dr. Sharma is also a seasoned author, having contributed numerous articles to peer-reviewed publications. Dr. Sharma believes in a strong patient-physician relationship akin to a being a "team" and a calming relaxed approach to the discussion of cardiovascular symptoms or issues.

For more information, visit
www.BayCareMedicalGroup.org.

For an appointment, call (727) 824-8243 or go
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Binge Drinking Increases During the Holidays: 10 TIPS FOR A SUCCESSFUL SEASON

By Dr. Jaime Kulaga

Christmas trees, holiday music, presents, feasts, family and, alcohol. As the holiday season progresses, binge drinking tends to increase due to the frequency of festivities, heightened stress from family, buying presents, and all the other responsibilities that the season brings. As exciting as the festivities are, or as stressful as family can be, there is a danger in over drinking.

Binge drinking is consuming a lot of alcohol in a short amount of time. For men, binge drinking is having five or more alcoholic drinks within a two hour time frame, and for women it is four drinks in two hours.

Binge drinkers typically do not have alcohol dependency. They go about their day to day lives often without alcohol and more so "let loose" at festivities or parties. The problem with this scenario is that people who binge drink often overestimate their abilities. This increases chances of injuries like car accidents, violence, being a victim of sexual abuse, or engaging in behaviors that are unsafe, embarrassing or inappropriate leading to regret or loss when they sober up.

With so many festivities this season, there are a lot more opportunities to misjudge situations. In fact, the Center for Disease and Control has indicated that binge drinking is the cause of over 79,000 deaths each year. Not to mention that binge drinking increases your chances of engaging in embarrassing behaviors at home or at work. You want to start off the New Year on a motivated and uplifting foot, not one leading with regret.

You can absolutely enjoy the holidays, just be sure to think before you drink.

Here are some tips if you plan to drink this Holiday Season (and beyond):

1. Before you go to a festivity or holiday event, eat. Do not drink on an empty stomach.
2. Two fist your drinks! Alcohol in one hand and water in the other.
3. Never leave your drink unattended (this includes non-alcoholic beverages, too).



4. Pace yourself when drinking. You do not have to binge.
5. When eating at a holiday party, be cautious of eating foods that have alcohol in it.
6. Have a designated driver if you plan to drink. If you took your car somewhere, it is much cheaper to leave it there overnight than it is to drink and drive. If you plan to drink at a holiday party and are going to the party alone, take an Uber there, that way you can't make the mistake of driving your car home that night.
7. After your first drink, know that you will begin to overestimate your abilities, so have support systems hold you accountable to doing or not doing certain things.
8. Before you go to a holiday party, set your limit of alcoholic drinks up front and stick to it. If you are a person who cannot have a couple drinks and stop, drinking at work events or in public places is not something you should do.
9. If you are going to a work-related holiday celebration, beforehand, think of the consequences of drinking and saying or doing something inappropriate. If it's not worth the risk, limit yourself to 1 drink max at work holiday parties.

10. Remember, you do not have to attend every party you are invited to. If you don't want to go, stay home.

Take the time to enjoy the holidays and your successes from all year. Ring in 2022 with fun, but also with responsibility and safety.

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

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

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

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

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

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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



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

3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

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

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

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

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Of course, it's always nice to take a spa break for yourself. But spending it with someone you love enhances that experience. With our lives being so busy and hectic, sometimes we don't have enough free moments to spend quality time with those that we love. A gift of a spa day is the perfect way to take that time.

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One popular treatment for couples is our couples massage held in our duet room. This is the perfect opportunity not just for couples but also for mothers and daughters and good friends. Our couples massage is offered with various techniques: Swedish, Deep Tissue, or Hot Stones. Aromatherapy can also be added to further enhance the experience.

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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.

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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.

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Reference:

1. NIH PubMed, E Cauter, Physiology of growth hormone secretion during sleep, PMID: 8627466 DOI: 10.1016/s0022-3476(96)70008-2, <https://pubmed.ncbi.nlm.nih.gov/8627466/>

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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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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.

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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.

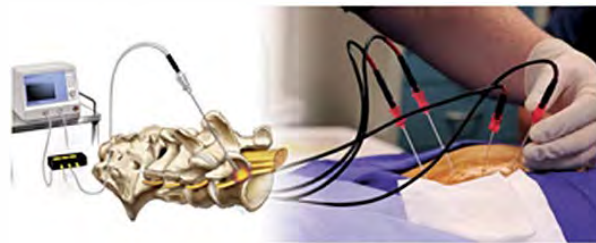
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are 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

10740 Palm River Rd, Suite 490, Tampa, FL 33619
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www.nationalinstituteofpain.org

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

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 (manunogram, 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 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.

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

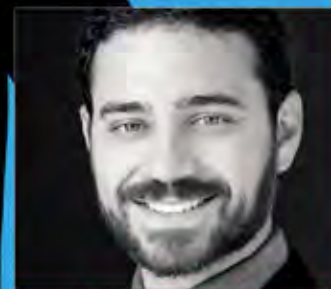
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