

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

December 2021

South Tampa Edition - Monthly

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BayCare to Train Next Generation of Pediatricians

Tampa's Bay's largest provider of children's health services is taking its commitment to kids to the next level by offering a new pediatrics residency program based at St. Joseph's Children's Hospital.

The three-year BayCare Pediatrics Residency is now accepting applications and will welcome its first class of eight residents on July 1, 2022. It is the second residency BayCare has added to its institutional-sponsored Graduate Medical Education program this year. The first, in Psychiatry, received more than 700 applications in the first week.

This announcement comes as the nation faces a shortage of physicians, which the American Medical Association says is likely to worsen by pandemic-related rates of early retirement and physician burnout. Nearly 45% of active physicians are 55 or older.

The good news is residents often stay and practice in the cities and towns where they are trained.

"We are fortunate to have a history of strong post-graduate programs sponsored by excellent partners including University of South Florida and Florida State University," said Karen Navarra, BayCare's director of graduate medical education. "In addition, now our own team at BayCare can provide the rigorous oversight required to manage residency programs. In both models, we're able to leverage trusted expertise to attract new doctors, who will train here in our community and then hopefully choose to stay."

BayCare's university-sponsored programs include two family medicine residencies and a sports medicine fellowship.



In the new, community care-focused pediatrics program, residents will gain an excellent foundation in general and subspecialty pediatric care. They also will be serving the community, providing much needed services to children and their families in multiple locations.

Training will be led by faculty affiliated with St. Joseph's Children's Hospital, a 219-bed facility that's home to a medical team of more than 200 physicians with close to 100 pediatric specialists representing nearly all major pediatric subspecialties. Services include the Steinbrenner Emergency/Trauma Center staffed by emergency physicians specifically trained to care for pediatric emergencies; neonatal, pediatric and pediatric cardiac intensive care units; a comprehensive congenital cardiac program; pediatric hematology-oncology diagnosis and treatment; a Chronic-Complex Clinic for medically fragile children; and much more. Together, BayCare Kids and St. Joseph's Children's Hospital offer specialized

inpatient and outpatient pediatric care to thousands of children and their families each year in multiple locations throughout west central Florida.

"As a dedicated children's hospital, we are committed to improving the health of children in our community," said Sarah Naumowich, president of St. Joseph's Children's Hospital. "Through education, research and innovation, the new pediatric residency program will enhance the quality of care provided to our patients for generations to come. This program represents a continued investment in our children, whose unique health needs deserve expert care as special as they are."

For more information about residencies at BayCare, please visit baycare.org/residency-programs.





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FORCARE
CLINICAL RESEARCH

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.

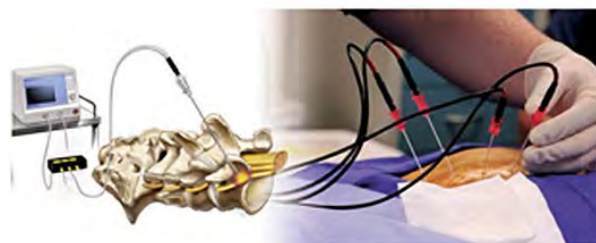
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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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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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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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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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.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



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
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

Accepting New Residents | Call Today!



813.381.5105
AstonGardens.com

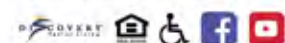
12951 W. Linebaugh Avenue, Tampa, FL 33626
Active Independent Living | Assisted Living | SHINE™ Memory Care



813.502.1146
DiscoveryVillages.com

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

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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.

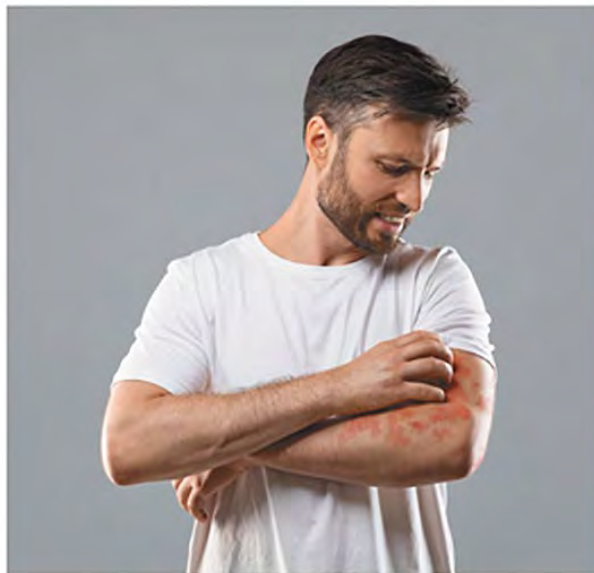
Psoriasis Clinical Trial

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.



15416 North Florida Ave., Tampa, FL 33613

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 taugth 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.



Oculofacial Surgery and Cosmetic Laser Institute
Natural | Refreshed | Rejuvenated

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

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.

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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

THE BEST GIFT OF ALL

It's not the little blue box from a certain jewelry store; it's not the newest version of the never-ending latest versions of phones; it's not even the big bow on top of a new car (although that is pretty cool!)—It's time. Connecting with loved ones is the best gift that you can give someone. As an added bonus, it's a gift for yourself too!

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.

The Woodhouse Day Spa-St. Pete offers many opportunities to spend time with your loved ones. We offer a variety of treatments. Whether you are looking for an hour or an all-day experience, we can accommodate it. We can accommodate a large group as well.

A DAY OF PAMPERING

Picture this—you arrive, change into a robe, slippers, and then you are handed a mimosa or a steaming hot cup of tea. You then relax in our beautiful and tranquil relaxation room before you begin your service. After your treatment, you return to the relaxation room to allow your body to continue to feel that sense of calm that it craves. You and your guest can even stay and have lunch catered to you in our VIP room. Blissful!

COUPLES

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.

GIVE THE GIFT OF WELLNESS & PEACE

If you're unsure which treatment you and your friend(s) would like, then a gift card is the perfect gift. Our gift cards never expire and can be used toward any of our treatments. Trust us when we say, "You can never go wrong with a gift card." P.S. get an extra one for yourself! It's the perfect time to gift yourself and others.



A SAMPLE OF OUR MANY SPA SERVICES

Ease away tension with SHIRODHARA

This intensely healing and relaxing technique begins with lavender essential oil combined with warm, nutritive oils that flow onto the center of your forehead from a beautiful copper vessel to release mental tension and mind chatter. A soothing head and scalp massage follows to continue this uplifting experience and encourage a state of wellbeing.

Glow and refresh with THE WOODHOUSE HYDRAFACIAL

The ultimate in resurfacing and fusion technology integrated with cutting edge product ingredients. This non-invasive treatment infuses your skin with glycolic and salicylic acid for deep exfoliation and nourishes your skin with antioxidants, peptides and hyaluronic acid to replenish your skin.

Nourish your skin with FARMHOUSE FRESH® SEASONAL MASSAGE

Ease tension and sore muscles with a relaxing massage, customized with a vitamin-infused body oil scented with notes of crisp, fresh greens and bergamot oranges. Skin is left nourished and glowing!

Experience a calming foot treatment with LAVENDER AND SEAWEED SUGAR SCRUB PEDICURE

Delightful and invigorating pedicure that removes lifeless layers with a healthy refining scrub that quickly re-polishes unwanted calluses away. A warm volcanic stone massage eases foot tension and immediately calms the mind.

Revitalize your hands with WARM AGAVE NECTAR MANICURE

Warm agave nectar and natural oils are drizzled on the arms and hands to relieve dry skin and help prevent the signs of aging. Enjoy the light heavenly fragrance as hands are refreshed and hydrated.

The Woodhouse Day Spa-St. Pete

As you can see, The Woodhouse Day Spa-St. Pete has you covered this fall. You can also rest assured that the health and safety of our guests are top priority. The spa staff adheres to the strictest sanitation guidelines so that you can feel completely comfortable about your visit. We're honored to be voted St. Petersburg "#1 Day Spa" and can't wait for you to experience the Woodhouse Difference.

THE WOODHOUSE
day spa®

Call us at 727.228.1646 or visit us
online at stpete.woodhousespas.com.

Improve Your Health with a Buddy

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

Understand your condition

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

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

Put together a wellness team

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

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



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

Get a Health Buddy

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

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

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

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

Become a Health Buddy

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

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

About Seniors in Service of Tampa Bay:

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

We are GEARED UP TO SERVE!



SENIORS in SERVICE

GEARED UP TO SERVE

For more information,
visit www.seniorsinservice.org

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

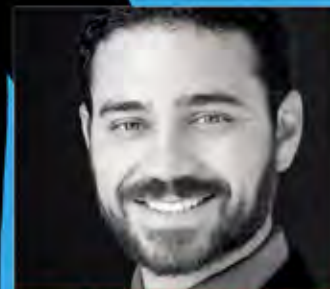
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