

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

January 2022

Pasco/North Tampa/New Tampa Edition - Monthly

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New Year New You

Resolve to Better
Your Intimacy
and Fulfillment

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New Year's Resolutions You're Looking For

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Improve Your Health with a Buddy

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A Better Treatment
to Increase Human
Growth Hormone

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

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

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BayCare Brings its HealthHub Concept to Land O'Lakes



BayCare Health System has opened its fourth state-of-the-art HealthHub facility in Land O' Lakes. This concept is a relatively new model of care designed to make life better for residents in fast-growing Pasco County.

The BayCare HealthHub (Land O' Lakes), which opened to the community on Dec. 1, is an integrated model of care that provides convenient access to multiple health care services to patients and their families all in one location.

"As a leading health care system in the region, we're thrilled to bring the HealthHub concept to Land O' Lakes," said Jim Cote, senior vice president for Ambulatory Services at BayCare. "Through this new model, our goal is to provide access to multiple services under one roof. We know people are busy and we want to make health care convenient for them and their families."

The 24,648-square-foot facility integrates multiple health care services such as pediatric and adult primary care, imaging and urgent care, and BayCare Laboratories close by for all your lab needs. Getting the care you deserve is now more convenient for you and your family.

"We're proud to provide seamless, top-quality care to patients in the Land O'Lakes community alongside an experienced team of physicians, clinicians and staff," said Dr. Nathan Keith Waldrep, chief medical officer for BayCare Urgent Care and assistant chief medical officer for BayCare Ambulatory Services.



For more information, visit
BayCareHealthHubLandOLakes.org.

The HealthHub, located at 18600 Fernview Street, Land O' Lakes, FL 34638, is designed to be a welcoming environment that's open concept and vibrant. The design includes beautiful art and calming colors to help create a relaxing atmosphere for patients and their families.

This is BayCare's fourth HealthHub location in the Tampa Bay area. The other three facilities are located in Largo, Valrico and South Tampa.

The HealthHub is one of BayCare's newest facilities in Pasco County. The health system is continuing to expand its footprint in the area by building the new BayCare Hospital Wesley Chapel that's set to open in 2023. These new facilities will expand access to convenient and high-quality care that helps meet the needs of the growing community.

It's Possible to Live a Quality Life - Even with Cancer

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before. Advanced treatments, such as targeted therapies and immunotherapies, along with breakthrough research and state-of-the-art technologies that allow pathologists and physicians to identify genetic mutations in different types of cancer, have brought faster and more effective techniques and methods of personalizing treatments for patients.

How effective is cancer treatment today?

According to the American Cancer Society, there are more than 17 million Americans with a history of cancer who are alive today, and most oncologists feel that many types of cancer are becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found for every type of cancer, often the disease is something that can be managed, and people can live with cancer for many years.

Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective treatments that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.

Early detection and diagnosis, as well as advances, such as immunotherapies and targeted treatments, most of which are available in pill form, are also making it possible to live with cancer and continue to have a good quality of life. Further, the development of secondary medications to manage side effects, such as nausea or fatigue, has helped improve the sense of well-being in patients.

Impact of COVID-19 on people living with cancer

As difficult as it has been for all of us for almost two years, cancer patients have been particularly affected by the coronavirus pandemic. Cancer patients are especially vulnerable when it comes to contracting COVID-19 because cancer itself and the treatments for the disease can weaken the immune system. In addition, the pandemic has brought about numerous consequences, including reduced access in getting care for other illnesses, according to the Centers for Disease Control (CDC).



At the beginning of the pandemic, certain non-urgent health care was suspended and many people either delayed or skipped getting their recommended cancer screenings, fearing exposure to COVID-19. Postponing cancer screenings led to delays in diagnosing cancer at an early stage when it is more treatable. That is one reason physicians are now encouraging patients not to skip their recommended cancer screenings. Early detection can often mean a much better outcome for patients.

Clinical trials for cancer have also been affected by the pandemic. Up to 60% of research programs halted screenings or enrollment for clinical trials in the first few months of COVID-19, according to the National Institutes of Health (NIH). This interruption in clinical research may delay some of the newer promising treatments from being studied and potentially approved.

Now that three COVID-19 vaccines have been approved for use in the U.S., the risk of contracting serious illness or being hospitalized with coronavirus is much reduced for those who are vaccinated. The American Cancer Society also reports that medical experts are recommending that most people with cancer or a history of cancer should get the vaccine. The vaccine is safe for people with cancer, although it might be less effective because some cancer treatments can affect the immune system and render the vaccine less effective. People who are still in active treatment for cancer should talk with their physician for more information.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading

research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

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



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For more information, visit FLCancer.com

A BETTER TREATMENT TO INCREASE HUMAN GROWTH HORMONE

WHY IT'S IMPORTANT AS WE AGE

Why Would We Need Growth Hormone Treatment?

Our bodies naturally produce human growth hormone (HGH) in the pituitary gland within the brain. Although the primary goal of HGH is to promote healthy growth in adolescence, it's critical to maintain HGH levels into adulthood. As we age, the decline in HGH can be significant, causing age related issues such as weight gain, insomnia, loss of muscle, fatigue, bone demineralization, decreased libido, cardiovascular disease, and cognitive decline.

HGH in the synthetic form gained huge popularity for fitness buffs and people wanting to lose weight quickly, but the injections are costly and inconvenient. Because it's a controlled substance, it must be given by a doctor. More importantly, Synthetic HGH is downright dangerous.

The Risks and Problems Associated with Synthetic HGH treatment

- Carpal tunnel syndrome
- Insulin resistance
- Type 2 diabetes
- Joint and muscle pain
- Hair loss
- Gynecomastia-Enlarged male breasts
- Risk of certain cancers
- Negatively affects pituitary function
- Pooling fluid in the arms and legs (edema)
- Need ongoing injections (HGH levels drop once treatment is stopped)
- Costly (approximately \$1,000 per month)



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- Strengthen Immune System
- Improve Sleep, Brain Fog, and Mood

BioPro+ IS EXCLUSIVE

BioPro+ is only available through their website or in the offices of their certified physicians. You won't find them at local health stores or any of those big retail sites. Check out on their website is easy, you can select your physician of choice, or one will be provided for you.

As we age, we will all experience different issues because none of us are exactly the same. That's another way that BioPro+ exceeds physician and



patient expectations. You make the call on which area of your life needs improvement, whether that is sleep, aging, weight, brain fog, or libido, and the program is tailored to your needs.

NOT SLEEPING WELL?

BioPro+ also offers the first of its kind non-synthetic alternative to Rx sleep drugs called BioPro+ CortiSleep PM.

BioPro+ CortiSleep PM is a powerful, anti-catabolic sleep support formula designed to promote deep and restorative sleep. BioPro+ CortiSleep PM was created to combat poor sleep quality, and its associated issues, to provide an all-natural, safe, non-habit-forming formula that delivers quality sleep from the first night you use it and each night after. BioPro+ CortiSleep PM contains highly effective, natural ingredients that promote a deep and restful night of sleep, leaving you feeling refreshed, clear, and ready for the day!

BURN FAT WHILE YOU SLEEP

In multiple studies, it's been reported that blood plasma levels of cortisol increase during episodes of sleep deprivation or disruption. This increase in cortisol is what drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, you're probably noticing a few extra pounds despite your healthy diet and exercise. Correcting your sleep with BioPro+ CortiSleep has helped many people lose weight.

With BioPro+ CortiSleep, it's like getting 8 hours of refreshing sleep in 6. So, if you are busy like most of us, you don't have to sleep for 8-9 hours to benefit from the anti-aging, fat burning, and the numerous health benefits our product offers.

TECHNOLOGY HELPS KEEP YOU ON TRACK

If you don't take the product, you can't reap the benefits. That's why BioPro+ comes with the first of its kind interactive mobile patient system that's integrated right to your smart phone. Best of all the system is 100% free and maximizes results through personalized profiles, progress tracking, automated reminders, and much more.

How the comprehensive mobile system works:

- Order your product
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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.



To learn more or to get started today visit BioProteintech.com, call 1-800-280-2456, or email info@bioproteintech.com.

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CHECK WHAT DOCTORS HAVE TO SAY!

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MD MEDICAL DIRECTOR AGE MANAGEMENT INSTITUTE

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

SCAN ME TO
SEE WHAT PHYSICIANS AND PATIENTS
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PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Cammie Acevedo, APRN

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ADVANCED AND INDIVIDUALIZED CARE

New Year–New You: Resolve to Better Your Intimacy and Fulfillment

By Parveen Vahora, M.D.

It's 2022, and the New Year inevitably arouses resolutions of change. Most of our initiatives are backed with good intentions but often fall to the wayside; however, when it comes to restoring vaginal health and wellness, there are ways to not only manage your health, stave off or treat disorders, but also to turn back the clock.

In the new year, it's essential not to forget about your overall health. Making sure you schedule your annual medical appointments is critical; this also includes your gynecological visit. Regular wellness exams are essential to early diagnosis and staying healthy, but many women also secretly suffer from sexual dysfunction.

Many women try to hide their condition from their partner or suffer in silence because they believe it's "normal" for them, but that couldn't be further from the truth.

Whether your pain is caused by endometriosis, pelvic conditions, vaginal atrophy, hormonal dysfunction, or from medications, there are answers! And the best part is there are new options! Depending on your health and overall needs, these treatment options include medications, noninvasive procedures, and surgery.

Turn Back the Clock and Increase Pleasure

There is an alternative treatment option that is working for many women. It's called MonaLisa Touch, an advanced technique that has helped countless women with no drugs, and it's 100% non-invasive!

MonaLisa Touch®

Noninvasive Advanced Treatment

MonaLisa Touch® is an advanced laser technology for the vulvovaginal area. There are no medications, no cutting, and no lengthy healing times with this procedure. It's similar to having a gynecological wellness exam. The laser does not hurt or cause any pain, and patients will only feel tiny vibrating sensations from the machine. The best part is that the entire procedure is accomplished in an outpatient office setting.



The laser assists with the body's cell renewal, regenerates the mucous membrane, and helps restore collagen and renew the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO2 laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and relieving the associated pain.

Now it's possible to have relief from vulvovaginal atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates collagen production, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Rejuvenation

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. MonaLisa Touch® allows restoration, healing, and a renewed enjoyment of each other. You'll be amazed at how effective this procedure gets you back to where you once were in your relationship.

MonaLisa Touch® is quick, safe, convenient, and offers incomparable results!

Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration, healing, and a renewed enjoyment of each other. You'll be amazed at how effective this procedure gets you back to where you once were in your relationship.

Incontinence Issues

EMSELLA™ is the answer to conveniently improve urinary incontinence with the most advanced non-invasive technology. EMSSELLA is a unique chair that patients can simply sit and relax in (fully clothed) for 20 to 30 minutes in the comfort of their gynecologist's office. It produces vibrations that cause the pelvic floor muscles to contract. One session is the equivalent of doing 11,000 Kegel exercises.

EMSELLA produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment. 75% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients have an improved quality of life. EMSSELLA can be effective for both men and women for frequency of urination, leaking with coughing, sneezing, or getting up at night to use the bathroom, and it even enhances sexual function.

Whether you have VVA or suffer from incontinence or anything in between, Dr. Vahora provides a unique emphasis in helping patients improve sexual health and helping you turn back the clock.



Parveen Vahora, M.D.

Our gynecologist office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care: educating on conditions and treatment options as well as preventative measures. Our focus is on sexual health, and we're proud to offer the MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we've got you covered.

Our practice treats our patients as we would treat our own family, with the goal of keeping them healthy for many years to come, not just the short-term. We follow Enhanced Recovery After Surgery (ERAS®) protocols, which take a comprehensive look at all areas of the patient's journey through surgery and recovery, creating a well-coordinated, team-oriented approach to surgical care for better outcomes. Weaving this into our personalized care plans, we get patients back to their normal routines faster.

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

To find out more, please visit ParveenVahoraMD.com.

LET 2022 BE THE BEGINNING OF A NEW YOU

It's the New Year, and many people are asking "What resolutions did you make?" The truth is, only 8% of those individuals stick with their resolutions. What can you do to make a difference in your life? Perhaps it's not the same old wish list of losing weight or upping your fitness routine. While those are admirable and important, maybe it's time to make this year about a new you.

Do you look in the mirror and want to change your skin texture, sagging jowl line, erase your wrinkles or plump your lips? A little filler and Injectables can be a conservative way to turn back the clock.

Did you know that it is scientifically proven that when we look better, we feel better about ourselves?

When we feel confident and look our best, the pleasure principle (dopamine) is intensified within our brains. Our physical appearance has a lot more to do with our mental state than many people are aware. There is something to say about looking at someone that's smiling. This emits a happy sensation to most onlookers; however, when we see a despondent or sorrowful individual, we feel empathy.

In 2012, a European study was documented in the Journal of Psychiatric Research. They concluded that depressed individuals that were injected with Botox to reduce facial frowning showed significant reductions in their clinical depression rating than those in the placebo group.

If you need a pick me up or just want to look better and feel more confident, it doesn't take much to conservatively reduce frown line, intensify glowing skin, and have a youthful, uplifted face. Let 2022, be the year you change your outlook on the importance of empowering yourself.

"My goals are to enhance each patient's natural beauty. I want my patients to leave looking like a more refreshed and rejuvenated version of themselves." –Dr. Rosh



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 Javeau® are used improve active or dynamic wrinkles that happen on animation and start to work between 2-7 days after injection. Kybella® is also an advanced injectable to reduce the fullness of the chin. If you want a more taught profile, Kybella is an option to eliminate the "double chin" look with a series of local injections.

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

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Roshni Ranjit-Reeves, MD "Dr. Rosh"
Dr. Rosh specializes in plastic surgery and reconstruction of the eyes and their surrounding structures, including the eyelids, eyelashes, orbit, eye socket, and lacrimal system.

She offers a full range of facial rejuvenation services from non-invasive photofacials to minimally invasive procedures such as fillers, neurotoxins, and laser skin resurfacing in addition to surgery which allows for a multifaceted approach to the anti-aging process.

Photofacials allow for a targeted approach to improve pigmentation, vessels, and overall skin tone and texture. Minimally invasive injectable fillers and neurotoxins allow for a synergistic approach to wrinkles and collagen stimulation to soften age lines and stimulate collagen production. Laser skin resurfacing erases wrinkles and is used in conjunction with oculofacial surgical procedures.

Dr. Rosh uses medical grade skin care to maintain the effects of surgical procedures to rehydrate and restore collagen for youthful skin. She has presented and served as a panel member, speaker, and instructor at national meetings.

Services Provided:

- Injectables: Neuromodulators
- Injectables: Fillers
- Laser Skin Resurfacing (CO2)
- Laser Skin Resurfacing (Erbium)
- Photofacials (BBL)
- Medical Grade Skin Care
- Upper Lid Blepharoplasty
- Lower Lid Blepharoplasty
- Brow Lift
- Ptosis
- Ectropion
- Entropion
- Eyelid Tumors
- MOHS Reconstruction
- Tear Duct Surgery
- Thyroid Eye Disease
- Orbital Tumors
- Blepharospasm
- Hemifacial Spasm

The Most Common Causes of Cartilage Loss

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 941-357-1773 in Sarasota and 813-544-3123 in Tampa.

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal



inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.

Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but it also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most

toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDs, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



Ron Torrance II, DO And **FAOASM**-Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, DO, is a non-surgical orthopedic physician specializing in Physical Medicine and Rehabilitation at Regenexx Tampa Bay. Dr. Papas has taught courses in musculoskeletal ultrasound to residents across multiple specialties and to medical students at Carolinas Medical Center in Charlotte.

He is a member of the American Medical Society for Sports Medicine, the American Academy of Physical Medicine and Rehabilitation, and the American Academy of Orthopedics just to name a few. When he isn't practicing medicine he enjoys spending time with his wife and new baby, playing soccer, practicing guitar, and listening to historical podcast

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Senior Living—The New Year's Resolution You're Looking For

Countless people are making New Year's resolutions for change, whether that's living a healthier lifestyle or learning a new skill, but if you are a senior, it's time you found out more about your opportunities for change within your living conditions. Most seniors are tired of doing yard work and home maintenance, and they desire a life that's full of laughter and socializing in the security of a senior community. Aston Gardens is the place many seniors choose to call home.

The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer extensive opportunities and events for their residents to enjoy throughout each day of the month.

Aston Gardens' Independent Living Features Include:

1. No maintenance
2. No more snow shoveling
3. No more yard work
4. Fine dining and chef-prepared meals
5. Convenience to shopping, the arts, sporting events, restaurants, pharmacies, medical care and much more
6. Safety and security of a gated community
7. Ongoing activities and events
8. Friendly staff and fantastic neighbors
9. Fabulous, resort-quality amenities

At Aston Gardens, they offer several options that suit multiple needs for each individual or couple.

Aston Gardens' Senior Living Options at Our Tampa Bay Campus

In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:

- **Independent Living** – Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff
- **SHINE® Memory Care** – In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed
- **Senior Assisted Living** – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming, and household chores

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.

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

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- 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.

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PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

Treating Shoulder Pain Successfully with Radiofrequency

Paula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.

Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

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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 nerve back pain.

Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



Dr. Sunil Panchal

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

At the National Institute of Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

At National Institute of Spine and Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).

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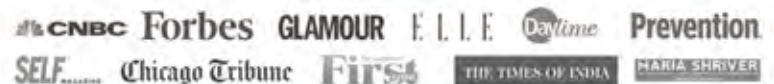
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AS SEEN ON





Neuropathy Can Be Treated With Advanced Technology, BUT Not All Providers Offer This Therapy

BY DR. ROBERT LUPO, D.C.

None of us are impervious to aches and pains, but for numerous individuals chronic tingling, numbness, and pain disrupts their lives on a daily basis. In the United States, neuropathy affects close to 25 million people. Neuropathy symptoms are typically a heavy sensation in the limbs with numbness, tingling and pain.

Many people only associate neuropathy with diabetes, but that percentage makes up about 30% of the population affected. Other causes of the disorder are viral conditions, immune disorders, trauma, celiac, radiation therapy, chemotherapy, vascular disease, and alcohol use disorder, to name a few. Neuropathy can become debilitating.

What you don't want to do is ignore your symptoms. Treatment is critical to get you back to living and enjoying your life.

Traditional Treatments

The most common treatment for nerve damage is to mask it with prescription medications. Unfortunately, these medications are addictive and only act as a band aid. Getting to the root cause of your neuropathy is critical.

A Better Treatment Option

there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Advanced Treatment with Quantum Technology Gets to the Root Cause

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

RST Sanexas: Is NOT a TENS unit device

For three decades, RST Sanexas' ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.



In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represent 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and sub-atomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.

Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will

vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo, D.C.

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

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

Source: <https://www.rstsanexas.com/science>


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Long Haul COVID Symptoms

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

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

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

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

Multiorgan Effects of COVID-19

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

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

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

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

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

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

How HBOT Works

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

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

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

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

References:

1. CDC, Centers for Disease Control and Prevention, Post-COVID Conditions, September 2021, <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
2. PubMed, C Goldman, Hyperbaric oxygen induces a cytoprotective and angiogenic response in human microvascular endothelial cells, PMID: 9MC3082642, PMID: 19949909, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3082642/>

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

Common Off-Label Indications:

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

Hyperbaric Centers of Florida is a premier off-label Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multiplace Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems. We are treating all “Off-label” indications and several approved indications, as directed by a licensed physician and with written orders.

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

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

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



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



HOW TO SET YOURSELF UP FOR SUCCESS IN 2022

By Dr. Jaime Kulaga

As the calendar rolls into the next year, many of us begin thinking about new goals, directions and visions for our personal and professional lives. Here are 5 ways to set yourself up for a successful new year:

1. Set SMART Goals

The acronym SMART stands for specific, measurable, attainable, realistic and time bound. When setting goals if you can make them very specific and realistic for you and your life, you will increase your chances of success.

2. Create Shorter Term Goals

While you should have a bigger vision for your life and even set a direction through 2022, this year's challenge is to create quarterly goals. COVID taught us not only our lives, but the entire world and economy can change at any time. Having quarterly goals allows more flexibility and open-mindedness to pivot if change occurs. In addition, it will encourage you to stay more on top of your goals as you do more accountability checks on yourself throughout the year.

3. Use a Planner with Time Increments

Instead of making a to do list daily to achieve your goals, consider purchasing a planner that has 15-minute increments and stick to your time-based plan. When we have more than a list of to dos, but rather a time to do each task listed, we have less time in between tasks wandering around what to do to do next. Often, with a gap in time, people find themselves jumping on social media wasting time. Scheduling your day does not mean you never get "down time" but rather the challenge is to schedule breaks, lunches, meditations, exercise, nap, etc. The point is to not waste time wondering what to do next and to preserve your sacred time. Additionally, those things you "never" have time for, like meditation or exercise, you now can now schedule in and achieve those goals. If you are a spontaneous go with the flow person, save that for days off or weekends, that way your weeks are productive, focused and successful.



4. Find Time for Inspiration or Faith.

The past couple years have changed many aspects of life for people and some individuals have lost their inspiration or faith in life. A loss of faith, passion and or creativity can significantly impact your ability to achieve goals. 2022 is the year of bringing back faith, inspiration, gratitude and kindness. Every day, do something for at least 10 minutes to satisfy one or more of these four areas. Schedule this in your 15-minute increment planner and stick to it. Adding faith, inspiration, gratitude and kindness into your daily schedule will make your overall year more positive, fulfilling and successful.

Need some ideas to get started on adding inspiration into your life? Try some of the following:

- Read a day-by-day faith-based book first thing in the morning
- Download an inspiration app and read at least one quote per day
- Meditate
- Write in a daily gratitude journal
- Perform one random act of kindness to do daily

5. Get an Accountability Partner

This year, if you want to succeed, you need to be open to help and accountability. Over the past couple years, we have lost touch socially due to health concerns, but as we continue to rebound, bringing back relationships and inner circles will be beneficial to your success. Also, do research and seek out professionals that want to see you succeed, can motivate you and hold you accountable to the things you want to achieve.

Find people with great values, great success records and are healthy physically and mentally, and surround yourself with them. These people will help you when you are in need and motivate you when you are slipping off track.

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

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

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

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

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

DR. JAIME

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Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life
Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
 Senior Associate Pastor

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you.

Just go to alexanderson.org

THIS IS NO TIME FOR PAIN

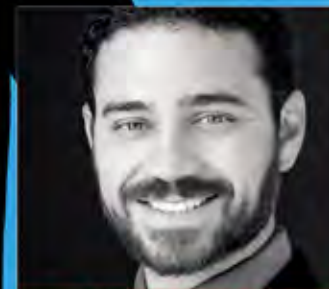
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