

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

March 2022

Pasco/North Tampa/New Tampa Edition - Monthly

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f t **FREE**



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ADVANCED AND INDIVIDUALIZED CARE

Outdoor Safety for **KiDS**

Pediatricians, Dr. Nicole Conde and Dr. Mercedes Cruz

Keeping children safe is a task that should never be taken lightly, but with the year-round warm days in Florida, outdoor safety is relevant all year long.

No matter the age of your child, taking them outdoors or letting them play sports or ride their bicycles chaperoned or on their own is a little unnerving, but spending time outdoors is a healthy way to stay active and enjoy well-needed fresh air. Let's start with heat and sun precautions for kids.

Sun and Heat Safety

Sun protection is critical for all ages. With high heat indexes and damaging UV rays, limiting exposure to the sun and heat is essential. We should avoid going outdoors during peak hours, which are between 10:00 am and 4:00 pm. If you are out during those times, try to find a shady area and limit physical activity. Wearing a hat, lightweight, long sleeve clothing, and sunglasses are beneficial for sun protection.

Sunscreen

A broad protection sunscreen should be applied 30 minutes before heading outdoors and reapplied every two hours. Sunscreen is not recommended for children under six months of age, but a minimal amount can be applied to the cheeks and back of hands if necessary; however, it's best to keep babies in a shady, cool area. For example, if you are pushing them in a stroller, keep a lightweight cover over the stroller to avoid direct sunlight. Make sure it's not too hot for them, as getting overheated can be extremely dangerous.

Heat Exhaustion

We've had warm temperatures throughout the past few months; on average, and with spring and summer on the way, even higher temperatures are expected. When kids are playing sports or just enjoying the outdoors, we have to be especially careful. Making sure your child stays adequately hydrated is critical for their safety. The biggest threat when exercising in warm weather is the increased risk factor of having a heatstroke.



HYDRATION IS CRITICAL

How much water do children need?

According to the AAP (American Academy of Pediatrics):

To stay well hydrated, children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk. This increases for older kids to around 5 cups for 4-8-year-olds and 7-8 cups for older children. It should be noted that these amounts vary by individual and may need to be adjusted depending on levels of activity and environmental conditions like heat and humidity.



Water Safety

Any water that children are around or immersed in should be a red flag for adults to carefully supervise and monitor the child's safety. Even if they can swim, accidents can happen.

In Florida, most homes or complexes have pools; a pool fence and self-closing gate must be in place. Even though a fence helps keep children out, watching them is imperative when they are in direct contact with a pool or body of water. Taking our eyes off them for even a few minutes can be detrimental.

Swimming lessons are an excellent way to protect your child. The AAP recommends swim lessons can be started between the ages 1-4 years old depending on child readiness. It has been purported that children under one year of age do not benefit as much from swim lessons; however, that is at the parent or guardian's discretion.



Life jackets are very beneficial for water safety; this applies to pools, lakes, boats, and the ocean. Swimmies or floaties that go around the arms are not as protective. If your child is wearing swimmies, paying extra attention to them is always recommended. Never leave children unattended in any body of water.

Insect Repellent

Bugs and insects are attracted to fragrances and bright colors. Avoiding these when taking your child outside can be helpful. Insect repellents with DEET (chemical- N, N-diethyl-meta-toluamide) should be applied only once per outing, and it is safe for children two months and older. These products should contain 10 to 30% of DEET. 10% will last two hours, and 30% will last for five hours.

Avoid getting this in the child's mouth or eyes, which can burn and cause irritation. Many parents are curious about the effectiveness of organic or all-natural products. Natural products with essential oils may not be as effective as traditional insect repellents. If you are in an area with mosquitos or ticks, it's best to use traditional repellents.

Avoiding DEET and sunscreen combinations is also recommended. Sunscreen needs to be reapplied throughout the day, and DEET products should only be applied one time during the outing.

Bicycle Safety

CPSC (consumer product safety commission) enforce safety standards for bicycle safety. Children should always wear a helmet, even if they are in the driveway or on the sidewalk. Protecting them from head injuries is imperative. Parents should lead by example and wear a helmet as well. Always watch your child carefully when riding a bike. If you're riding together, keeping them in front of you will allow you to watch them and yell commands if they need to stop for oncoming traffic or an unexpected situation. Training your child on bicycle safety is crucial before a bike ride. Some cars pulling out of side streets may not see a smaller child, so having them in bright clothing with reflective gear is helpful and training the child to look for cars even when on the sidewalk is important.

YOUR CHILD'S SAFETY IS OUR TOP PRIORITY. WELLNESS AND MILESTONES CHECKS ARE ESSENTIAL FOR CHILDREN OF ALL AGES.

BayCare Kids:

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BayCare Kids is committed to keeping children healthy throughout childhood so that they can become healthy adults. And we've dedicated an entire network to the unique medical needs of kids - we offer a continuum of care for children that starts before birth and continues through early adulthood.

Patients have access to extensive services at multiple hospitals and outpatient specialty centers, a mobile medical clinic, and other community-based resources, plus a variety of pediatricians and physician specialists. Throughout our network, you'll find highly trained care teams that specialize in pediatric care as well as the emotional and mental development of children.

St. Joseph's Children's Hospital is our flagship hospital in Tampa, Florida, and offers comprehensive services exclusively for kids. Our pediatric services are located throughout Hillsborough, Pinellas, Pasco, and Polk counties in Florida, and we provide pediatric care for the southeastern United States.

We encourage parents and families to participate in their child's care plan. A variety of educational and support resources are available for parents, caregivers, and our communities. BayCare Kids provides the best possible care for children to help them have a healthy future.



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Nicole Conde, D.O.

Dr. Nicole Conde is a board-certified pediatrician with BayCare Medical Group, serving Pasco County and sees patients from newborn to 18 years old. She completed her undergraduate degree from the University of Florida in Gainesville, Florida. Dr. Conde then earned her Doctor of Osteopathic Medicine from Philadelphia College of Osteopathic Medicine in Suwanee, Georgia, followed by a pediatric residency at the University of South Florida in Tampa, Florida. As a dedicated, passionate pediatrician, Dr. Conde knows the importance of a healthy childhood. She relays this message to all the families she treats. By educating patients and their families, she empowers them to make healthy decisions, maintain healthy lifestyles and strengthens their compliance with their treatment plans. Her cheerful nature, coupled with a genuinely caring attitude, make her patients feel at home. Dr. Conde is proactive, supportive, and believes in delivering appropriate care to each patient. She is certified in basic life support and a member of the American Academy of Pediatrics.



Mercedes C. Cruz, M.D.

Dr. Mercedes Cruz is a board-certified pediatrician with BayCare Medical Group, serving the Land O'Lakes community, where she sees patients from birth to 18 years old. She completed her undergraduate degree in biology from the University of South Florida in Tampa, Florida. She then earned her Doctor of Medicine from Howard University College of Medicine in Washington, DC. Dr. Cruz continued her medical education by completing a pediatric residency at Baylor College of Medicine/Texas Children's Hospital in Houston, Texas specifically in the Primary Care Leaders Evaluating and Addressing Disparities (LEAD) Program.

Dr. Cruz is devoted to ensuring the longevity of her patients' health and developing long-lasting relationships with them while providing compassionate well-rounded care. She takes the time to understand symptoms and give correct diagnoses to ensure the continued health of all her patients. She conducts various follow-ups, well-baby check-ups, annual physical exams, sports physicals and administers routine childhood vaccines. Dr. Cruz is part of BayCare Medical Group serving the Tampa, Florida area. She is also certified in basic cardiac life support and remains up to date with the rapidly evolving field of pediatric medicine as a member of the American Academy of Pediatrics along with the Florida Medical Association.



Colon Cancer:

Why are Numbers Increasing in Younger Patients?

By Martin Maldonado, MD, FACC

The current guidelines for colonoscopy are recommended for anyone over 45 to get screened. Early colonoscopy prevents cases of colon cancer in those over the age of 45 due to education and efforts to remove polyps early on before they can proliferate and turn cancerous.

While the number of colon cancer diagnoses in older adults is on a downward trend, the conundrum is that people born in the '90s and later are experiencing higher numbers of colon cancer. If they wait until the recommended age of 45 to get screened, the polyps may turn cancerous and progress to later stages of cancer diagnosis, which are more challenging to treat.

Why are younger people getting colon cancer?

A study led by the American Cancer Society (ACS)¹ compared the lowest risk of colon cancer diagnosis (people born in the 1950s) to the increasing rates of colon cancer in young and middle-aged adults in the United States, those born in the 1990s.¹ Individuals born in the '90s have double the risk of colon cancer and quadruple the risk of rectal cancer.¹

The thoughts on why this is occurring in the younger generation are dietary choices, such as saturated unhealthy fats, processed foods, chemicals and additives, and more sedentary lifestyles and unhealthy habits. These thoughts on causes can also be attributed to other generations and people with unhealthy lifestyle habits. Getting a colonoscopy saves lives by removing polyps early or diagnosing a patient as high risk if the polyps are large or if the patient has multiple polyps. The problem is younger people are unaware of their risk and often ignore any warning indicators.

Symptoms of Colon Cancer

There are often no symptoms initially, making it challenging to screen patients and catch early stages of the disorder; however, there are many symptoms that are often mistaken for issues such as hemorrhoids, IBS, colitis, and other GI conditions.

References:

1. R Siegel, Colorectal Cancer Incidence Patterns in the United States, 1974, —2013, JNCI: Journal of the National Cancer Institute, Volume 109, Issue 8, August 2017, djw322, <https://doi.org/10.1093/jnci/djw322>, <https://academic.oup.com/jnci/article/109/8/djw322/3053481?login=false>



Some of the symptoms of colon cancer include the following:

- Anal bleeding
- Blood in stool
- Abdominal and intestinal pain
- Mucous
- Stool that resembles coffee grinds
- Bouts of constipation and diarrhea

Genetic risk factors can also attribute to colon cancer risks, such as Lynch Syndrome or breast and uterine cancer, but they typically only account for 10% to 20% of cases.

Microbiome issues may be a significant risk factor.

Proteins, microbiota, and microorganisms are responsible for the mucosal and epithelial damage or leaks within the gut. The natural functioning of our intestinal wall is to allow nutrients to pass through, but when there is a microbiome imbalance, large openings enable damaging substances to enter the bloodstream. This happens when tight junctions in the intestinal wall open and cause leakage. Microbiome imbalance can lead to numerous health conditions, including gastrointestinal issues. Adding foods containing probiotics, prebiotics, and omega 3-fatty acids can help to restore a healthy microbiome.

Limiting your Risk of Colon Cancer:

- Dietary changes (eat more plant-based, whole foods and limit processed foods, meat, and saturated fat)
- Maintain a healthy weight
- Exercise regularly
- Don't use tobacco products
- Reduce alcohol consumption
- Eat more probiotic and prebiotic foods (asparagus, artichokes, garlic, onions, and fermented foods)
- Supplement with Omega 3-fatty acids

No matter your age, if you have any GI symptoms, don't ignore them. Make an appointment with your healthcare provider and ask for a referral to a gastroenterologist. Getting to the root cause of your issues early on is critical for optimal outcomes.

Dr. Martin Maldonado, a board-certified gastroenterologist, explains the causes and symptoms of colon cancer symptoms, diagnoses, and treatment options to help patients find relief.

Schedule an Appointment with Colorectal Expert Today

If you are struggling to manage your gastrointestinal symptoms, a gastroenterologist can help you find relief. Schedule an appointment with Dr. Martin Maldonado at our Florida Medical Clinic location in North Tampa.

About Martin Maldonado, MD, FACC

Dr. Martin Maldonado, a board-certified gastroenterologist, specializes in Gastroesophageal Reflux Disease (GERD), diseases of the esophagus, stomach, small intestine, colorectal cancer screening, Inflammatory Bowel Disease (IBD), Weight Loss and nutrition.



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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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You Can Reduce Your Risk of Cancer

When it comes to preventing cancer, little things can make a big difference, especially when it comes to making healthy lifestyle choices.

According to the American Cancer Society, nearly 1.8 million Americans will be diagnosed with cancer this year, and more than 600,000 will die of this disease. Research shows that nearly 50% of these cancer cases and deaths are preventable. Getting healthy is definitely worth the effort and can lessen your chances of developing cancer.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS - TAKE IT SERIOUSLY

Skin cancer is the most common form of cancer in the United States. The American Academy of Dermatology Association estimates that one in five Americans will develop skin cancer in their lifetime.

The good news is that skin cancer is also the most preventable cancer and, generally, is highly treatable. The two most common forms, basal cell and squamous cell, are highly treatable if detected early and treated properly. Melanoma, the third most common skin cancer, while treatable, is much more dangerous.

Skin cancer can affect anyone, regardless of skin color, and the risk increases as we age. While the average age at diagnosis is 65, melanoma is one of the most common cancers in those younger than 30, especially young women.

The majority of all skin cancers are caused by exposure to the sun's ultraviolet light rays. For maximum protection, oncologists recommend applying a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or higher to all skin that is not covered by clothing. Clothing items with an ultraviolet protection factor (UPF) number on the label are now widely available. A wide-brimmed hat and sunglasses with UV protection are also recommended. Children and adolescents, especially, should be protected from the sun, since severe sunburns at younger ages may increase the risk of melanoma. Exposure to artificial UV rays with the use of tanning beds or sunlamps also increases the risk of skin cancer and should be avoided.

Especially here in Florida, it is important to take precautions to enjoy the outdoors safely and reduce skin cancer risk.

SMOKING AND CANCER

In the U.S., 80% to 90% of all lung cancer deaths are related to cigarette smoking, according to the Centers for Disease Control and Prevention (CDC). Even those who don't smoke are at risk, due to secondhand smoke.



Tobacco products, including cigarettes, e-cigarettes, cigars, pipes and chewing tobacco, have been linked to several other types of cancer, including colorectal, bladder, breast, throat, cervical, mouth and esophageal.

If you're not a smoker, don't start. If you smoke, it's never too late to quit. Your health will improve, and you'll reduce your risk of cancer, heart disease and other illnesses. An effective first step, even if you've tried before, is to prepare a quit plan. A wide range of tools, tips and other resources can be found on the website SmokeFree.gov.

EAT HEALTHY & KEEP MOVING TO PREVENT CANCER

There is growing evidence that what we eat plays a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Certain types of breast and colorectal cancer have also been linked to what we eat. A diet that is high in fruits, vegetables, beans and whole grains, and low in red meat and processed foods and sugar, is recommended to help reduce cancer risk. It's also important to limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Physical activity can also make a big difference – aim for at least 30 minutes each day. Exercise can help to control your weight and prevent obesity, with the added benefits of increased energy, reduced stress and a healthy boost to the immune system to help fight cancer and other diseases.

THE IMPORTANCE OF CANCER SCREENINGS

Thanks to ongoing research, screening tests are now available for many types of cancer. These tests are effective at finding cancer before signs or symptoms appear. When detected early, certain cancers are much easier to treat, preventing thousands of additional cancer cases and deaths. Early diagnosis and treatment is a substantial factor in surviving cancer.

Recommendations can vary based on your age, family history and lifestyle. Talk to your health care professional about cancer screening, and please do not skip or delay your recommended screenings.

World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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Is Your Pain and Excessive Bleeding Endometriosis?

By Parveen Vahora, M.D.

Do you have pain with your periods or pelvic pain or with intimacy? It may be endometriosis. What is endometriosis? The endometrium is a mucous membrane that lines the uterus. The endometrial tissue and cells normally grow and shed within the uterus during the female reproductive years. When there is an overgrowth of the endometrial tissue, it begins to grow outside of the uterus onto the ovaries and fallopian tubes.

Endometriosis can lead to adhesions, which are sticky bands of scar tissue that adhere and tighten the inner space and organs within the Pelvic floor and womb. Adhesions can cause a great deal of pain on a regular basis and become even more stretched and begin pulling at the organs during the menstrual cycle. This can cause pain with menses, pelvic pain and pain with intimacy

There are multiple therapy options available that include conservative therapies to surgery depending on the severity of your condition, your age, lifestyle, and your overall health.

For many women endometriosis is the primary disorder causing their ongoing bleeding and pain. Endometriosis and intrauterine disorder. For older women that are finished having children, gynecologists often recommend hysterectomy. The same holds true for women that are finished having children and may have complications due to cancer, ovarian cysts or tumors.

Deciding to have a hysterectomy is a big decision because once the reproductive organs are removed, hormone replacement therapy is absolutely necessary for overall wellbeing and health. Thankfully, there are alternative options.

Symptoms of Endometriosis

- Painful periods
- Pelvic pain in between periods
- Excessive bleeding
- Discomfort during sexual intercourse
- Infertility
- Fatigue
- Bloating
- Discomfort during Bowel movements and urination

TREATMENT OPTIONS

Medications:

ORILISSA is an oral pill that's clinically proven to relieve moderate to severe endometriosis pain. It's different—it's not a painkiller, injection, surgery, or birth control. And it does not contain hormones. **ORILISSA** works differently than other endometriosis pain treatments.

It is a pill that dials down the amount of estrogen[†] in the body (estrogen fuels painful endometriosis lesions). Less estrogen equals less fuel for painful endometriosis lesions.

ORILISSA is available in 2 doses. Each dose lowers estrogen by different amounts so you and your gynecologist can choose which dose is best for your individual needs.

LUPRON DEPOT is a prescription injectable medication for the management of endometriosis. It decreases estrogen levels to a very minimal level. It can help relieve the pain of endometriosis and reduce endometriotic lesions. **LUPRON DEPOT** has been prescribed by doctors since 1990.

It offers two different dosing options for treatment which are:

- Injected once every 3 months (11.25 mg dose)
- Injected once each month (3.75 mg dose)

LUPRON DEPOT suppresses the hormones that cause endometrial tissue to grow. **LUPRON DEPOT** therapy suppresses the signals from the pituitary gland in the brain to the ovaries, which stimulate estrogen production. By doing this, **LUPRON DEPOT** injections also suppress the hormones that cause the endometrial to grow.

Suppressing the hormones helps:

- Provide endometriosis pain relief
- Reduce endometriotic lesions

There are minimally invasive options with laparoscopy. In most cases, women do not have to undergo long surgeries with large incisions. However, a combination of medications and minimally invasive surgery often provide optimal outcomes.

Minimally Invasive Surgery

Laparoscopic diagnostic procedures can detect wear growths have formed. Dr. Vahora is able to remove endometriosis through laparoscopic methods, relieving patients of pain quickly and effectively. The field of gynecology has seen an emerging trend of minimally invasive procedures (MIP). These advances result in a shorter recovery period, less pain, and less scarring for women than the traditional surgical procedures.

Laparoscopy is the surgical technique where a camera is placed through a small incision in the umbilicus. Two smaller incisions are used to insert the surgical instruments. Laparoscopy allows the surgeon to visualize the entire abdomen and pelvis without making a large incision on the patient's abdomen.

Laparoscopic Hysterectomies

Having a hysterectomy is a decision one in every three women in the United States will face. In fact, hysterectomy is the second most common major surgery among women in this country. Of those surgeries, approximately one-third will be performed as a minimally invasive procedure that can result in a shorter recovery and leave a smaller scar.

Women do not need to be sidelined by hysterectomies. Dr. Vahora introduces "Not Your Grandmother's Hysterectomy®." Those who have a minimally invasive procedure typically return to normal activities in a few weeks. Traditional hysterectomies require an average hospital stay of five to seven days, and complete recovery may require up to two months. In other words, if you are a candidate for a minimally invasive procedure, you could return to your normal life in a much shorter time and experience a less painful recovery. "Not Your Grandmother's Hysterectomy®," makes a monumental difference for patients.

Techniques and technology have dramatically improved treatment. You don't have to live with the pain of endometriosis; there are many alternatives for you to get back to being pain free.

Get the relief and new beginning that you are worthy of. Call (727) 376-1536 today to schedule an appointment or email Info@ParveenVahoraMD.com.

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

Many Seniors are Malnourished

Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own. It's important to map out plans to make the home safer and easier to maneuver, but it's also critical to incorporate healthy eating options on a regular basis.

Due to physical limitations and/or cognitive issues, many seniors are malnourished. Not eating properly puts seniors in jeopardy; they are at the highest risk of all the population in the United States except for youth. Improving the diet with nutritious foods will provide longer healthier life.

Setting reminders, providing groceries or meal services are helpful, as is checking in on the elderly.

Symptoms of Nutrient Deficiencies:

- Weight loss
- Decreased appetite
- Uninterested in hydrating
- Irritability
- Lack of concentration
- feeling cold
- Loss of muscles and strength
- Prone to illness
- Inability to fight infection
- Depression
- Cognitive decline and confusion

If you are having difficulty meeting your nutritional needs or have symptoms of nutritional deficiencies, adding in protein powders is also an alternative to whole food consumption that will help you meet your nutritional goals. Again, talking to a medical professional about what's best for you is essential.

At Aston Gardens senior community. Residents are always well cared for and properly fed nutritious, healthy fare through the exclusive *Sensations Dining* program.

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.

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.



Alzheimer's & Dementia:

Learn How Patients Can Stay in The Comfort of Their Own Home

At this point in life, it seems inescapable that we all know someone effected by dementia and Alzheimer's disease. When diagnosed early, the beginning stages may not be as difficult, but when the mid to advanced stages take place, the ability to care for your loved one can be extremely challenging.

What are your options? It's not easy to put a loved one in a memory care facility or nursing home. There are feelings of guilt, constant worry about their safety and health, and financial strain.

We want our loved ones to be cared for with love and we want to have the ability to manage that care with a watchful eye, but is that possible in a memory care facility or nursing home?

There are other options. Private duty homecare allows your loved one to stay in their comfortable, home environment and dedicated staff visits to help with things like bathing, meal prepping, feeding, light housekeeping, light grocery shopping, medication management and companionship.

As a way to offer a caring touch, physically and mentally, and to help seniors, TouchStone Homecare was born as a boutique agency to provide certified, compassionate caregivers that treat each senior client with dignity.

TouchStone Homecare

HOW IT ALL BEGAN

Nicole Tegeler MS, CSCS (founder/owner)

A personal family experience as well as a lifelong career in healthcare has instilled a deep passion to help other families with aging loved ones. The dilemma to move my parents into an assisted living facility and soon my dear mother into an Alzheimer's unit was imminent. The physical, emotional, and medical demands for my father to care for my mother were far too great to manage alone. My mother absolutely refused to move into an assisted living facility much less an Alzheimer's unit. So, the decision was made to move my parents from Kansas City Missouri to my home in Louisville Kentucky to care for my parents.



The kindness, care and dignity the home care specialists provided my parents over five years was nothing more than amazing. This gave me piece of mind to continue my career and the freedom to raise our two young boys while simultaneously knowing my parent's needs were being met. This experience gave us the desire to enhance seniors lives and to help them remain at home writing their success story of aging with dignity, peace, and joy. TouchStone is a locally owned company in Tampa, developed with a passion to be your trusted in-home care agency.

Our primary goal is to be a steadfast guardian of the client's dignity, safety and well-being while providing compassionate in-home care.

WHAT IS PRIVATE DUTY HOME CARE?

Private duty home care is personalized care that allows a person with special needs to stay in their home. Private duty home care may be for people who are getting older, are chronically ill, recovering from surgery, or disabled. When you choose TouchStone as your home care provider, we begin by reviewing your loved one's needs. We will meet with all involved family members to get a complete picture of your loved one's in-home care needs. As part of this process, we match your loved one's needs to a select group of compassionate home care specialists. You will have the opportunity to be part of the caregiver selection process. We encourage all our home care specialists to establish rewarding one-on-one relationships with their seniors and families.

Our TouchStone home care specialist are trained to work with your family to implement a personalized plan of care to suit your needs. You can select

those services most needed and desired by your loved one. Our goal is to provide compassionate care, always respecting the dignity of each person.

Services range from a 15-minute check-up to round the clock care. Though live-in services are available, most clients opt for 4-12-hour shifts. Touchstone understands that it's about building the right team and caregivers for that individual client.

What separates Touchstone is our personal focus on wellness, including lectures and exercise classes, in the local senior communities throughout Hillsborough County. We focus on a holistic approach for our client and their family.



Tammi Mara & Nicole Tegeler, Owners



To find out more, please visit
www.touchstonehomecarefl.com,
 call 813-426-7848 or email
TouchStoneHomeCare@gmail.com.

FL License #30211974



Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

When you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The Ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with The National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction.

His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

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

At The National Institute of Spine & 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).



VIRTUAL VISITS AVAILABLE!

Call to book your next appointment as an office visit or telehealth visit.

The National Institute of Spine & Pain

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www.nationalinstituteofpain.org



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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- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
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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.



CLEANER AIR = HEALTHIER LIVING

Proper breathing has recently become a health interest and people are encouraged to take deeper breaths and in specific rhythms for multiple health benefits. But what about the air we breathe? Is it clean, or does it harbor environmental toxins such as mold, bacteria, and viruses?

We all now understand after living in a pandemic for the past few years, the importance of breathing clean air that is free of airborne viruses or bacteria. This is also true for the surfaces we touch; they must be clean in order for us to stay healthy. Living in an area that is damp and humid also has a great impact on mold and fungus, which are detrimental to one's overall health.

ActivePure's Proactive Pathogen Defense™ systems proactively eliminates bacteria, mold, fungus, and viruses in the air and on surfaces, including the flu, common cold, and the virus that causes COVID-19. ActivePure works to eliminate pathogens.

ActivePure's Proactive Pathogen Defense™ is used in places like the Cleveland Clinic, government buildings, homes, hospitals, schools, and businesses.

It creates oxidizing molecules that significantly reduces viruses, bacteria, odors, and volatile organic compounds - both on surfaces and in the air.

In independent FDA compliant lab testing and unaffiliated third-party laboratory tests, ActivePure® Technology has been proven to reduce up to 99.99% of pathogens including SARS-CoV-2 (the virus that causes COVID), Avian influenza, E. coli, MRSA, Norovirus, Staph bacteria, Candida, Swine Flu, Hepatitis, Legionella, and more.

There is no place too big or too small for ActivePure. Various sizes and strengths are available. Below we've highlighted a few of the products available.

#1 FreshAir Personal

The FreshAir Personal provides nature's own powerful cleaning properties with a built-in ionizer that attracts free-roaming particles and captures them, reducing allergens and pollutants that invade the space you breathe.

- Removes airborne contaminants and allergens from the air immediately around your body



- Reduces asthma and allergy symptoms from your personal space

- Freshens air and removes odors within your breathing zone

- Can help keep irritating odors and harmful particles out of your personal space while traveling in confined spaces like an airplane or train



#2 FreshAir Mobile

Our pocket-sized purifier provides clean, healthy air when you're on the go; significantly reducing surface and airborne contaminants, odors and pollutants in the areas where you spend your time.

- Reduces VOC's, smoke, and odors
- Reduces airborne contaminants and allergens
- Reduces odors and freshens air
- Reduces dirt and dust from the air
- Creates healthy, pure indoor spaces



#3 Vollara Air & Surface Pro

This compact air purifier uses ActivePure® Technology to significantly reduce surface and airborne contaminants, odors and pollutants in the areas where you spend your time.

- New and improved ActivePure® Cell design delivers ActivePure® faster
- Reduces airborne and surface contaminants
- Freshens air and removes odors in stale environments without the use of ozone
- UVC light mimics cleansing
- Reduces dirt and dust from the air
- Positive and negatively charged ions reduce small particles and airborne pollutants

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The Latest Addition to TEAM Vollara, *Dr. Deborah Birx M.D. Chief Medical and Scientific Advisor*
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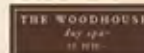
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SHINE VIRTUAL OUTREACH EVENTS

March 2022

SHINE (Serving Health Insurance Needs of Elders) is a Free program offered by the Florida Department of Elder Affairs and the Area Agency on Aging of Pasco & Pinellas. Specially trained volunteers can assist you with your Medicare, Medicaid, and Health insurance questions by providing one-on-one counseling and information.

SHINE services are free, unbiased, and confidential. SHINE Counselors can be reached by calling 1-800-963-5337 or 727-217-8111.

Medicare Part C Advantage Plans with SHINE Zoom meeting Wednesday, March 2nd 2022 at 10:00 am

(Provides an overview of Medicare Advantage Plan options available in Florida)

When: Mar 2, 2022 10:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:
https://us06web.zoom.us/joining/register/tZ0sd-GppzMsGNDaKYwGuh_7TfBag2FogtQK

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Basics with SHINE Zoom meeting Wednesday, March 2nd 2022 at 12:00 noon - Lunch & Learn

(Provides an overview of the different Parts of Medicare including Parts A, B, C, D, Medigap and available financial assistance)

When: Mar 2, 2022 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZYkf-Cgppz0qG9Vx4vhdZ0jBG0aTHT5-LvB>

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Financial Assistance with SHINE Zoom meeting Wednesday, March 9th 2022 at 10:00 am

(Designed to provide an overview of Medicare options and how SHINE can help)

When: Mar 9, 2022 10:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZcqf--vpjIjG9cY5ijOxHffnjEJpetgnHsE>

After registering, you will receive a confirmation email containing information about joining the meeting.



Medicare 101 with Shine Zoom meeting Wednesday, March 9th 2022 at 12:00 noon - Lunch & Learn

(Provides an overview of the different Parts of Medicare including Parts A, B, C, D, Medigap and available financial assistance)

When: Mar 9, 2022 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZYuceurqzotGdKnxW60botbcxj9YG50anZ1>

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Part C Advantage Plans with SHINE Zoom meeting Wednesday, March 16th 2022 at 12:00 noon

(Provides an overview of Medicare Advantage Plan options available in Florida)

When: Mar 16, 2022 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZAKduyvpjKvGN3JdTZN25ZNVOLH2YIEnk5A>

After registering, you will receive a confirmation email containing information about joining the meeting.

Saturday Morning Medicare Basics with SHINE Zoom meeting Saturday, March 19th 2022 at 10:00 am

(Designed to provide an overview of Medicare options and how SHINE can help)

You are invited to a Zoom meeting.

When: Mar 19, 2022 10:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZ0pcOGgrj4jGNTrnuHtjYbKilWJ1bgJ41rQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Part C Advantage Plans with SHINE Zoom meeting Wednesday, March 23rd 2022 at 10:00 am

(Provides an overview of Medicare Advantage Plan options available in Florida)

When: Mar 23, 2022 10:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZcvfu2oqDgsGdQ8W7QZKa11Vt8iXxdMX4LY>

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Basics with SHINE Zoom meeting Wednesday, March 23rd 2022 at 12:00 noon - Lunch & Learn

(Provides an overview of the different Parts of Medicare including Parts A, B, C, D, Medigap and available financial assistance)

When: Mar 23, 2022 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:
https://us06web.zoom.us/joining/register/tZEpcCgrTkiE924_cltn3xINGFAXCQVm4ao

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Basics with SHINE Zoom meeting Wednesday, March 30th 2022 at 10:00 am

(Provides an overview of the different Parts of Medicare including Parts A, B, C, D, Medigap and available financial assistance)

When: Mar 30, 2022 10:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZwkcOmqrjMrGNLkvX-s0dkUfE86WUppy0L0>

After registering, you will receive a confirmation email containing information about joining the meeting.

Medicare Part D Drug Plan with SHINE Zoom meeting Wednesday, March 30th 2022 at 12:00 noon - Lunch & Learn

(Provides an overview of Part D Drug plan options available in Florida)

When: Mar 30, 2022 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://us06web.zoom.us/joining/register/tZUvcuurqz0uHtVln4PzXLKc8vPzRaoci7OI>

After registering, you will receive a confirmation email containing information about joining the meeting.

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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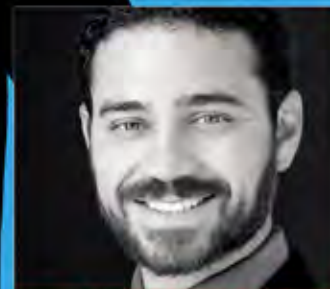
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