

T A M P A B A Y ' S

# Health & Wellness<sup>®</sup> MAGAZINE

March 2022

South Tampa Edition - Monthly

www.healthandwellnessFL.com



**FREE**

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## Physician Embraces New Technologies to Conquer Cancer

**D**r. Nitesh Paryani helps cancer patients during one of the most difficult times of their lives. As a radiation oncologist at St. Joseph's Hospital, he provides care that aims to identify and treat cancers as quickly and effectively as possible.

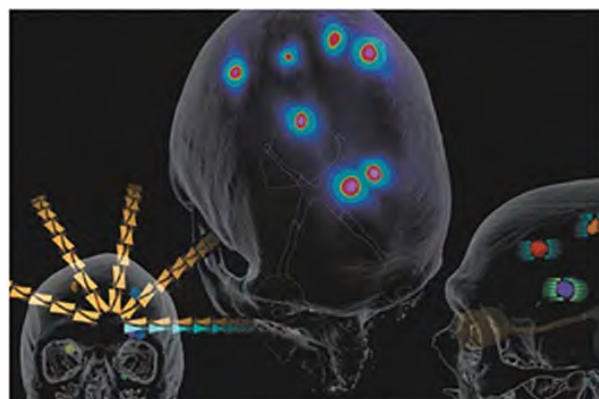
Informed by his family's nearly 60-year history of treating cancer patients in Florida, Dr. Paryani's practice offers traditional, patient-oriented service alongside the latest technologies. It's how his uncle ran his practice, and his grandfather before that. Think of it as a mom-and-pop shop with cutting-edge equipment.

"We have a true understanding of the history of cancer treatment," said Dr. Paryani, a third-generation radiation oncologist. "That includes incorporating modern technologies and advancements in the field. From new diagnostics to therapeutics—there's always an opportunity to learn."

Dr. Paryani uses BrainLab, an innovative technology that allows him to deliver complex radiosurgery for tumors in the brain. Radiosurgery allows for patients to undergo treatment for cancer in the brain without the invasiveness of a traditional surgery. The technology allows his team to identify

the precise location of brain tumors and target radiation on those spots, limiting the negative impacts on healthy tissue surrounding the tumor.

"One of the big benefits of BrainLab is it allows us to be very precise in our imaging from every angle of radiation we deliver," he said. This can shorten treatment times and improve outcomes because "the longer a patient is lying on the table, the longer they have a chance to move, and the more potential for the target to be missed."



BrainLab is an innovative technology that allows physicians to deliver complex radiosurgery for tumors in the brain.

The technology helps treat patients significantly faster than conventional approaches, Dr. Paryani said.

Earlier this year, neurosurgeons at St. Joseph's Hospital approached Dr. Paryani about using BrainLab to help treat patients with complicated brain conditions. Previously, many patients with arteriovenous malformation (AVM)—abnormal blood vessels that can lead to brain bleeds and can be difficult to treat—had to leave the area for treatment. By combining medical imaging and radiation therapy planning, Dr. Paryani uses BrainLab to treat AVM through radiation therapy.

"We knew this technique could be utilized to treat AVM, and that it provides sophistication and enhanced accuracy," Dr. Paryani said. "Our neurosurgeons wanted an option to treat these patients at St. Joseph's Hospital. We made that happen."

Beyond BrainLab, Dr. Paryani has recently deployed other new technologies to improve treatment for cancer patients. A technique called respiratory gating allows his team to track tumors as the patient breathes, maximizing their ability to target the cancer while minimizing risk to surrounding tissue. And a new prostate radiosurgery program uses a protective hydrogel called SpaceOAR, which allows his team to treat patients with low-risk prostate cancer in just five days—significantly reducing the standard six- to nine-week treatment for prostate cancer.

"The field of radiation oncology is constantly changing," Dr. Paryani said. "There are always new treatments coming out. Incorporating these treatments into my practice ensures patients get the highest quality care possible."

A tenant guides Dr. Paryani's practice: Never turn away a patient. It's a mantra instilled in him by his uncle and grandfather, the latter of who died from a rare spinal tumor that was caused by radiation, back before radiation safety protocols helped protect doctors from being exposed to radiation when treating patients.

That's why cancer is not just a professional concern for Dr. Paryani. It's a personal concern for his family, and one of the reasons he insists on offering the personalized care and cutting-edge treatments that make his practice stand out.

"Every patient is unique," Dr. Paryani said. "They all have their individual differences that require special attention. We strive to provide that every day."



# 5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

**W**e 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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# Colon Cancer:

## Why are Numbers Increasing in Younger Patients?

By Martin Maldonado, MD, FACC

**T**he 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)<sup>1</sup> 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.<sup>1</sup> Individuals born in the '90s have double the risk of colon cancer and quadruple the risk of rectal cancer.<sup>1</sup>

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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# Alzheimer's & Dementia:

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

**A**t 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



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# 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.

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- Colorectal Cancer Screening
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# Many Seniors are Malnourished

**W**isdom 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:

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4. Fine dining and chef-prepared meals
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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](http://astongardens.com).





# 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](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-Cgppz0qG9Vx4vhlDZOjBG0aTHT5-Lv8>

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-vpjljG9cY5ijOxHffnjEJpetgnHsE>

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/tZYueurqzotGdKnxW60botbcxj9YGS0anZ1>

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/tZAKduyvpjvkGN3JdTZN25ZNvOLH2YIEnk5A>

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](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-s0dkUfE86WUppyoL0>

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.





# Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

**W**hen 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](http://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**

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

**(813) 264-PAIN (7246)**  
[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)



# CHOOSING AN ORAL SURGEON:

Pinellas Oral Surgery is Known for Their Expertise and Comforting Care

**C**hoosing an oral surgeon should never be taken lightly or mandated. Patients and their dentists have many specialists to choose from, so making the right decision is in the power of your hands.

Dr. José F. Lázaro has been practicing oral surgery for over 30 years. His expertise and attention to detail set him apart and leave his patients and peers with the highest regard for his skills and knowledge. Dr. Lázaro also has ties to training and educating peers as a key thought leader.

Oral surgeons complete their training in a hospital setting with other medical students and are trained in multiple medical and surgical procedures, for instance, otolaryngology (ENT), plastic surgery, and general surgery. Dr. Lázaro is an oral and maxillofacial surgeon that specializes in numerous procedures from extractions, implants, anesthesiology, and sinus augmentation, to name a few.

## Patients and Referring Dentists

Dr. Lázaro has a state-of-the-art practice with new, innovative, and advanced equipment, software, and technology to serve his patient's oral surgery needs. The office also has conveniently allotted time each day for emergency appointments.

If you or your patient requires a same-day procedure, please call the office to check for availability.



**What Kind of Oral Surgery Procedures Does Pinellas Oral Surgery and Implant Center Provide?**  
At Pinellas Oral Surgery, they provide a wide variety of Oral Surgery and Implant services, which include the following:

- Third molar (wisdom teeth) removal
- Extractions of compromise teeth
- Dental implants
- Bone grafting procedures

- BioActive Modifiers (Platelet-Rich Fibrin)
- Ridge augmentation
- Sinus augmentation
- Cone Beam Computer Tomography (CBCT) scans
- IV sedation
- Surgical procedures to aid Orthodontic Treatment
- Pathology

Dr. José F. Lázaro possesses expertise in providing the above procedures in a calm, secure, and safe atmosphere. Dr. Lázaro has developed detailed surgical skills through his years of experience and training. With advanced technology, commitment, and decades of experience in oral surgery, patients can trust that their visit will provide optimal results.

## Patients Always Have a Choice

Deciding on an oral surgeon can be intimidating and overwhelming. How do you know who is the best or will give you the appropriate options and choices concerning your dental care? The best predictor is to hear what other patients have to say. You always have a choice as to who you decide to see.

## PATIENT TESTIMONIALS

*"There is no oral surgeon that is better than Doctor Lázaro; he is truly the best. He is very professional; he lets you know that he has your back every step of the way; rest assured that you are in the best hands of Doctor Lázaro. He is all about his patient's care, needs and concerns, and his staff is exceptional as well; they all are polite, respectful, professional, and work as a true team for Doctor Lázaro's patients."*

—Angie M.

*"Dr. Lázaro and his staff are amazing! They're all very nice and professional and provide a sense of comfort in their office. Definitely recommend to anyone who needs a great oral surgeon."*

—Richard W.

*"This was an amazing experience from the front desk to the dental chair. I was very impressed and pleasantly surprised by the speed and proficiency of the entire implant process. It's hard to imagine talking and writing nice things about dental surgery, but facts are facts; this was a pleasure and a breeze. Nobody enjoys a dental procedure, but I had cleanings more painful and longer than this implant. This will be my doctor and dental office for my future dental needs."*

—Ivan L.

To schedule your appointment, please call **727-467-2759**, or visit [PinellasOralSurgery.com](http://PinellasOralSurgery.com).



## About Dr. José F. Lázaro

Dr. José F. Lázaro was born in San Juan Puerto Rico. He attended Temple University for his pre-dental studies and was admitted to dental school in three years prior to receiving his Bachelor's of Science Degree. Dr. Lázaro earned his Doctor of Medicine Degree (DMD) from the University of Puerto Rico School of Dental Medicine in 1987. He received his Certificate of Postgraduate education in Oral and Maxillofacial Surgery from the University of Puerto Rico Medical Science Campus and Honor Student in June of 1990.

Dr. José F. Lázaro has been active in providing Oral and Maxillofacial services for over 30 years in Private Practice, providing care to Veterans through community care network and has also been involved in academia for most of his career.

Dr. Lázaro enjoys participating in big game fishing (tag and release), playing golf, and boating. He lives in Clearwater, Florida, and is very proud of his three children.



1700 66th St N, Suite 101, St. Petersburg, FL 33710

727.467.2759

[pinellasoralsurgery.com](http://pinellasoralsurgery.com)



# SPRING FORWARD WITH SELF-CARE!

By Ginger Lettelleir

It's that time again—spring forward and lose an hour of sleep! Ugh! Yet, it's also a reminder that spring is in the air. With the new season many of us also take time to do some spring cleaning around our home. What a wonderful idea! An even better idea is to spring clean our body. A day at the spa is an ideal way to offer a spring cleaning for yourself...and it's certainly more fun than cleaning windows or deep cleaning your carpets. The Woodhouse Day Spa offers a wide variety of luxurious services that restore vitality to your body.

Facials give your skin a glow for spring. You want to slough away any dull or flaky skin to reveal your complexion's true vibrancy. We offer numerous facials that not only buff away the top layer of dead skin cells but will also moisturize your skin to reveal a brighter, more youthful complexion. Each facial is customized for your skincare needs. We also offer products for purchase to enhance your beautifully balanced skin.

Massage is well known to release stress and tension that you're carrying around. Loosening up your joints can encourage you to get better movement which assists with exercise. The massages at The Woodhouse Day Spa are all performed by expert therapists. Our therapists are able to pinpoint areas of concern and also offer at home techniques to keep your muscles relaxed. Whether you choose a relaxing Swedish massage or a more intense deep-tissue experience, your body will thank you.

Reflexology is a wonderful option to give your feet a little extra TLC. If you spend a lot of time on your feet, your ankles might be in need of a little extra massage. Reflexology techniques can bring sweet relief to your feet and help alleviate any pain or swelling. It feels decadent to spend extra time on feet alone—but think how much you spend time on your feet. They deserve the attention.

Self-Care with friends and loved ones is a great idea. We need to take time to care for our relationships in our lives too. Why not take time to do both at the spa? The Woodhouse Day Spa has the space



to host your special day. You can relax in fluffy robes, sip champagne, and enjoy time together in our comfy lounge. We can even cater lunch for you! It's the perfect way to celebrate new beginnings and cherished friends and family.

**Spring into glowing skin and embrace relaxation. Your body, mind and soul will thank you.**

## The Woodhouse Day Spa-St. Pete

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

THE WOODHOUSE  
*day spa*®

Call us at 727.228.1646 or visit us  
online at [stpete.woodhousespas.com](http://stpete.woodhousespas.com).



## Facials & Skin Care

Boost hydration and restore radiance to tired skin with a signature Woodhouse facial. Our expert estheticians integrate natural ingredients and advanced skin care methods to unveil a healthy, youthful glow.



## Massage & Body Therapy

Let the healing hands of an experienced massage therapist relax the body and invigorate the soul. Choose from a range of massage therapies, including stone massage, Swedish, deep tissue, prenatal, couple's massage and more.



## Specialty Treatments & More

Target your body's specific needs with a full-body treatment that may use multiple methods like massage, exfoliation, hydration, acupuncture and more. Woodhouse Day Spas also specialize in a variety of hand, foot and waxing treatments.



# CLEANER AIR = HEALTHIER LIVING

**P**roper 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

No Matter Where You Live, Work, Teach, or Play—Live Fully With Confidence™



The Latest Addition to TEAM Vollara, Dr. Deborah Birx M.D. Chief Medical and Scientific Advisor  
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To order your Air Purification Product or to find out more, please visit [www.purifiedlife.co](http://www.purifiedlife.co), or call 813-434-3393.

Source: [aspvollara.com](http://aspvollara.com)





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

BY DR. ROBERT LUPO, D.C.

**N**one 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 subatomic 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>

physical  medicine  
center

*where wellness and beauty meet*

**Physical Medicine Center, Inc.**

14522 University Point Place  
North Tampa, Florida 33613

**813-978-0020**



# 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:

*<sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not 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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# THIS IS NO TIME FOR PAIN

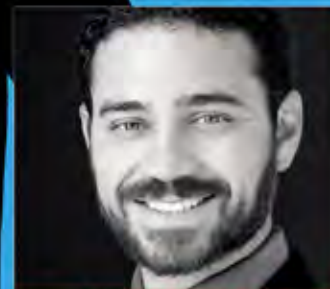
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