

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

April 2022

St. Petersburg/St. Pete Beach Edition - Monthly

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  **FREE**

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Hearing Aids



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Important Tips for Managing Stress:

There are Both Natural and Medical Options

Many individuals have a difficult time finding ways to manage stress. In stressful situations, our brains' complex anatomy and process work to produce fear, anxiety, worry, and the decision to take flight or to fight. There are neurotransmitters throughout the entire body that send signals to the brain, alerting us instantaneously of real or perceived danger. Stress, anxiety, and depression generate both psychological and physical symptoms.

We caught up with Dr. Rina Bhalani of BayCare Medical Group to find out her perspective on natural and medical treatments for stress and anxiety.

H&W: How does stress correlate to physical illness?

Dr. Bhalani: Increased and uncontrolled stress can affect all systems of the body and increase our chances of developing physical illnesses. One area stress affects our organ's functions is musculoskeletal. When we are stressed, it tenses up our muscles, causing muscle pain and tension headaches. Another is the respiratory system, which can cause shortness of breath, and the cardiovascular systems can also be affected, which can lead to stress on the heart. There is an increased risk of heart disease and hypertension with chronic stress. Stress can affect our GI (gastrointestinal) system, nervous system, endocrine system, and even the reproductive system.

H&W: What are some natural methods to combat stress?

Dr. Bhalani: Some natural ways to control stress are meditation/mindfulness, yoga, exercise, eating healthy and overall working on lifestyle modifications. There are many apps and online videos to help practice meditation and yoga. It definitely takes practice, so starting off slow and working your way up is best. Another great way to manage stress levels is through behavioral therapy, including counseling.

H&W: What are some medical treatments available for those who suffer from chronic stress or PTSD?

Dr. Bhalani: In addition to the natural methods mentioned above, medications can help with chronic stress and PTSD (post-traumatic stress disorder).



The first treatment of choice is selective serotonin reuptake inhibitors (SSRIs) or Serotonin-norepinephrine reuptake inhibitors (SNRIs) if SSRIs are not tolerated/side effects.

H&W: When should patients seek help? How do they know when it's time to get medical care for stress and anxiety?

Dr. Bhalani: Patients should seek help from their doctor when they start having symptoms that are affecting them or their daily function/routine. For example, due to stress and anxiety, they are experiencing chronic tension headaches, elevated blood pressure, GI symptoms, etc. It is essential to control stress and anxiety levels, so it does not cause further damage to the body, and there are many ways to do so; just talk to your doctor about what methods are best for you.

Comprehensive Treatment for Stress, Anxiety and Depression

In order to overcome stress and pain, we need a well-rounded treatment protocol that incorporates medication (if necessary), stress management, nutrition, exercise, meditation, hormone balancing, and other therapies that can help to stabilize our systems.

Chronic stress can lead to depression. If you notice that you or someone you know has difficulty managing anxiety and depression or has suicidal tendencies, please seek medical intervention or call the suicide hotline.

Seek Help Immediately

Nearly 15 million people in the United States are affected by depression. If you are depressed for an extended period of time and can't seem to move beyond it, please contact your doctor, therapist, or a suicide hotline. Therapy appointments are also available online for your convenience. National Suicide Prevention Hotline: 800-273-8255.



Rina Bhalani, M.D.

Dr. Rina Bhalani is board certified in family medicine and part of BayCare Medical Group in St. Petersburg, Florida. She received her undergraduate

degree in biology from Nova Southeastern University in Fort Lauderdale, Florida. She then earned her Doctor of Medicine degree from Ross University School of Medicine in Portsmouth, Dominica. Dr. Bhalani furthered her medical education by completing a family medicine residency at Indiana University Health in Indianapolis, Indiana. Dr. Bhalani treats a range of conditions, and she is eager to help the wider community receive the care they deserve. She has expansive experience and high interest in Women's Health. During her consultations, Dr. Bhalani fully explains patients' conditions and helps them choose an appropriate treatment plan, where she will actively invest in providing a course of preventative care that will leave a positive impression upon the patient. She is a member of the American Academy of Family Practice, also certified in basic life support, advanced cardiac life support, neonatal resuscitation and is fluent in Gujarati.

Dr. Bhalani is accepting new patients age 12 and older. Please visit DrRinaBhalani.org to schedule an appointment.



Primary Care

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Chronic Sinus Infections:

An Advanced Procedure to Reduce and Alleviate Your Condition

By Michael Branch, MD

What is sinusitis, and how long does it last?

Chronic sinusitis affects nearly 30 million people in the United States each year.¹ Inflammation of the sinuses within the nose and head interferes with how mucus drains and can cause difficulty breathing through the nose due to the inflammation of the nasal passages. Acute sinusitis is usually relieved within a short period of time, but with chronic sinusitis, it can linger for many weeks and reoccur multiple times.

Sinusitis Causes and Symptoms

While some people are predisposed to inflammatory disorders, which can intensify chronic sinusitis, other causes include environmental toxins such as molds and exposure to chemicals or other irritants. Some individuals' immune systems may make it difficult to fight off viral and bacterial conditions that contribute to sinus infections. Nasal polyps can exacerbate sinusitis, as do allergies and a deviated septum. Chronic sinusitis typically lasts several weeks to several months, although many people suffer with it daily.

Chronic Sinusitis Symptoms:

- Postnasal drip
- Pressure in the sinuses and head
- Inflamed or congested nasal passages
- Mucosal discharge or a runny nose
- Discomfort around the eyes, forehead, cheeks, and nose
- Ear infections or pain
- Sore throat (irritation from postnasal drip)
- Reduced sense of taste and smell

Sinusitis Treatment

Typically, people may attempt to self-treat their sinusitis symptoms with allergy medicine, nasal washes, nasal spray, and pain reliever; however, these are often not enough to control chronic sinusitis.

In the initial stages, primary care practitioners or ENTs (Ear Nose and Throat/otolaryngologist) might prescribe antibiotics, nasal sprays, and steroids to control the inflammation and reduce the bacterial load.



In the past, severe sinusitis was treated by surgically removing sinus bone and tissue to make an opening for the sinuses to drain through the nose. While this surgery is still used in some cases, today, an advanced, minimally invasive procedure has helped countless people overcome their chronic sinusitis disorder—Balloon Sinuplasty.

Balloon Sinuplasty

Balloon sinuplasty is a minimally invasive procedure designed to open and drain inflamed sinus passageways by inflating a small balloon. There is no cutting or removal of bone or tissue. This process helps relieve sinus pressure, congestion, trouble breathing through the nose, nasal discharge, and many other sinusitis symptoms.

ENT doctors adapted this balloon technique from **balloon angioplasties**, which use a balloon to open up blocked arteries.

The Balloon Sinuplasty takes about 30 minutes and is minimally invasive and can be performed in an outpatient setting. During the procedure, your surgeon will insert a tiny wire catheter through your sinus passageways. This wire is used to guide a deflated balloon up into your natural sinus openings. The balloon inflates slowly, which opens up the blocked passage into the sinuses. This allows mucus to drain and the sinus to re-aerate itself (receive airflow). Then, the balloon is deflated and removed.

When compared to other sinus surgeries, balloon procedures have many benefits, including:

- Faster recovery
- Fewer side effects and risks of complications
- Lower risk of infection
- Shorter procedure time
- No hospital stays (as they often can be performed in the comfort of your ENT's office)

Good candidates for this procedure typically include people who:

- Have chronic sinusitis (long-term inflammation of sinuses)
- Don't have other sinus or nasal issues, such as polyps or a deviated septum
- Have symptoms that haven't improved with other treatments or medications

If you've been struggling with chronic sinus problems and want to learn about all your options, it's time to talk to an ENT for help.

Dr. Branch specializes in performing balloon sinuplasty—and helping patients breathe easier. To schedule your appointment, please (813) 778-0101 or visit FloridaMedicalClinic.com.

Reference:

1. Rosenfeld, R.M., Piccirillo, J.F., Chandrasekhar, et al. (2015). Clinical Practice Guideline (Update): Adult Sinusitis. Otolaryngology—Head and Neck Surgery. Vol. 152(2S) 51–539.

Michael Branch, MD
Otolaryngology - Ear, Nose & Throat

A musician at heart, Dr. Michael Branch spent time as a rock 'n' roll drummer and later as an operating room technician in the US Air Force. After training, he was an active-duty ENT medical officer with the US Navy and has been an ENT surgeon for 29 years. He joined Florida Medical Clinic in 2019. Dr. Branch is certified by the American Board of Otolaryngology.

In addition to performing balloon sinuplasty, Dr. Branch specializes in treating hearing loss, ear disease, chronic hoarseness, and other ear, nose, and throat conditions.

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How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try," Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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



At **The National Institute of Spine & Pain**, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and Founder, **Sunil Panchal, MD**, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013).

Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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

The National Institute of Spine & Pain

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The Good and Bad of Shoulder Labral Tear Surgery

By Regenxx Tampa Bay, Regenerative Medicine

Today's orthopedic care model, much like the healthcare model in general, often treats the symptoms of an orthopedic issue without addressing the root cause of the problem.

This is true of shoulder labral tears. The usual treatment prescribed by orthopedists is a repair surgery but the cause of the tear is never addressed during the patient's brief consultation with the doctor.

What Is the Shoulder Labrum?

The shoulder labrum is like a seal that surrounds the shoulder joint's socket. Because its purpose is to guide the shoulder joint as it moves and to make the shallow socket slightly deeper, it serves as a shoulder stabilizer. In decades past, a tear in the labrum wasn't considered a serious issue—it was simply a shoulder arthritic condition. Once orthopedic surgeons realized a torn labrum could be resealed, shoulder labral surgery became more commonplace. Frequently, a labral tear does need to be tended to, and more than likely, surgical repair is not the answer.

What Caused Your Labrum to Tear?

Labral tears can happen as a result of a traumatic incident, such as a car wreck or a major fall. It's not unusual, however, for tears to occur without any fanfare or particularly notable injury. What causes a tear in those cases? Hidden shoulder instability is the probable culprit.

With insurance companies and managed care telling orthopedic surgery clinics how to operate, patients generally get little time with their surgeon. Most of their appointment is spent with an assistant. This means that important details like why your labrum tore in the first place are never discussed.

Why Does Shoulder Instability Matter?

The shoulder is a complex joint. It has to be able to move in several different directions at maximum capacity, yet it also needs to be stable. Timing and precision are paramount to ensure that the ball (humeral head of shoulder) remains in a small space relative to the socket when moving the shoulder.

The rotator cuff and other muscles contribute to this, but strong ligaments also help keep the ball joint resting just where it should in the shallow socket.



On the whole, surgeons ignore these ligaments until the joint gets dislocated. For every patient who has a dislocated shoulder and a very unstable joint, five or six other people have undiagnosed hidden shoulder instability.

Frequently, it stems from an injury long ago that the person did nothing about. The shoulder might have seemed to heal but it resulted in an unknown labral tear or underlying shoulder instability.

This is one of the most egregious cons when evaluating shoulder labral tear surgery: hidden shoulder instability.

Read the Stories of Two Patients

Hidden shoulder instability is a common condition that most orthopedic evaluations completely miss. Two patients with different stories but similar outcomes illustrate some of the reasons. One 20-something patient with hidden shoulder instability visited a Regenxx office to help him decide whether to undergo labral tear surgery.

His current injury happened during a rock-climbing workout that left him in chronic pain. When the Regenxx doctor examined the patient, it was discovered that the shoulder ball was unstable in the socket. What caused the instability that led to his recent labral tear?

Upon speaking further with the patient, he recalled a bad mountain bike fall that occurred seven years before. His shoulder was injured but he never sought medical treatment. Oftentimes when someone has an injury and they do no corrective exercise or rehab after the injury, this can lead to underlying instability.

Another patient, also an athletic man, had torn his left shoulder labrum as he dead-lifted 450 pounds. His right shoulder was perfectly fine, however. What caused the difference between the shoulders when they lifted the same poundage?

After examining the left shoulder, again hidden shoulder instability was the diagnosis. Damage inflicted during an MMA fight the year before had caused pain for weeks but the patient ignored the pain and did nothing to help the issue.

What Are the Consequences of a Shoulder Labrum Surgery if You Have Hidden Shoulder Instability?

If the root cause of a labral tear is hidden shoulder instability, then shoulder labral surgery will only temporarily solve the issue. The next time the unstable shoulder has to deal with another potentially challenging situation, the socket will move out of its place and tear the labrum again.

What is the long-term solution then? In short, it's interventional orthopedics. By precisely injecting your own advanced platelet and healing cell mixtures directly into the torn labrum and the loose ligaments, your body can heal itself.

This procedure comes with a much shorter recovery time and the results are often better than those achieved with surgical repair, while also taking care of the hidden shoulder instability.

It's a win-win scenario that will serve you much farther into the future than the short-term shoulder labrum surgery solution.

Visit www.NewRegenOrtho.com to learn more.



James Leiber, D.O. | Ron Torrance II, D.O., FAOASM | Ignatios Papas, D.O.

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Are Dental Implants the Best Solution for Replacing Missing Teeth?

When an extraction is necessary, it's because the structure of the tooth is too weak to support a crown or restoration, or it may be due to the bone loss and periodontal disease within the supporting gingival tissue. Bacteria often goes unnoticed under crowns, bridges or within root canaled teeth, unless x-rays are taken. When the bacteria harbors for long enough, it will literally eat away at the bone structure.

If a tooth is removed and not replaced with an implant, denture or bridge, several adverse reactions begin to take place. The first is that the facial structures can change. As individuals age, the facial contours that once supported the lips and cheeks can change with muscle atrophy and the effects of gravity, but when there is added tooth loss, the facial structures change drastically. The outcomes are an increased aging effect with noticeable sagging and gaunt like features.

This may seem superficial, but there is an underlying cause that increases health risks and disorders. The underlying cause is bone loss. When a tooth is extracted, the alveolar sac (bone socket) begins to degenerate, and the surrounding jaw structure will as well.

The degeneration of bone is caused by lack of contact of the teeth. When healthy teeth are correctly abutting against each other, it creates pressure and friction on the teeth and surrounding bone. This pressure from biting and occluding teeth helps to regenerate bone daily, keeping teeth and the jawbone healthy.

A missing tooth will affect the dentition

When teeth are missing, and there is nothing for the other teeth to bite against, this is when bone loss takes place, and it can happen quite rapidly in both the upper (maxillary) and lower (mandibular) jawbone. Consequently, the occluding teeth will either drop down or lift out of the bone, to try and adequately occlude with their natural bite. If this happens, a patient could potentially lose multiple teeth, because they will become loose and be subjected to bacteria deep within the gumline.

Dental Implants

Dental implants are the ideal resolution; it's optimal to have an implant (titanium post and porcelain crown) placed. In addition to preventing bone loss

and facial contour changes, if you leave an open space between teeth, the proximal teeth will shift, trying to fill in the interproximal space.

Dental implants can be used to replace one or multiple teeth. Implants are also a remarkable solution for holding in a permanent bridge or as an anchor(s) for dentures. If there is significant bone loss, bone grafts can help to regenerate the bone that's been compromised and assure that the implants are securely supported.

Dental health and proactive measures are essential. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy mouth that's free of decay, bacteria, and oral cancer. There are multiple treatment options; however, if you need to replace missing teeth, getting dental implants is the best solution for overall health.

Patients and Referring Dentists

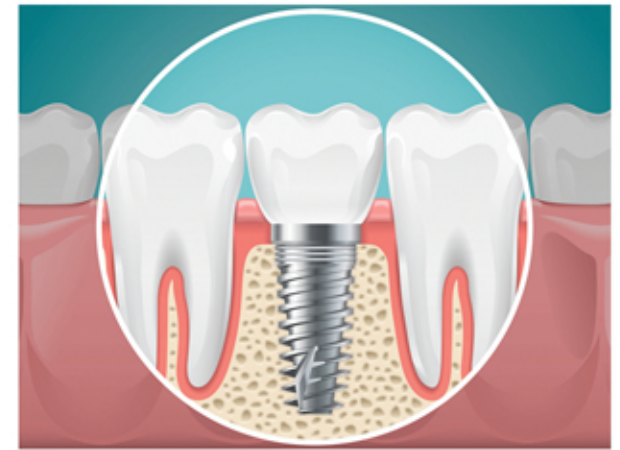
Dr. Lázaro has a state-of-the-art practice with new, innovative, and advanced equipment, software, and technology to serve his patient's oral surgery needs. The office also has conveniently allotted time each day for emergency appointments.

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
- Pre-prosthetic surgery
- 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



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.

To schedule your appointment, please call 727-467-2759, or visit 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 to the Veterans Administration, Private Practice, and has also been involved in Academia for over 30 years.

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.



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ADD SOME “SPA THERAPY” TO YOUR LIFE!

By Ginger Lettelleir

Recently I was talking to a friend who told me that he has never had a massage. He said, “Guys don’t get massages.” This was surprising to hear considering the many benefits of regular massage therapy.

Spa therapy is a way to provide a reset for your body and mind. Spa therapy can offer you an enjoyable way to release accumulated stress from your body, plus reap the benefits relaxation can provide as part of a healthy lifestyle.

Spa therapy has existed since ancient Roman times. It was reserved for royalty to provide physical and spiritual healing. Today’s modern spa therapy includes various types of massage therapy, including deep tissue, stone massage, facials, body treatments and more. The purpose of a spa remains the same throughout the ages...to provide a space where you can go to relax your body and mind. All of the treatment options are designed to help your body relax and release built-up stress and tension.

Spa therapy can also reduce inflammation in the body, improve circulation, and enhance the body’s autoimmune response. Additionally, going to a spa to relax can improve your self-esteem and improve mental clarity. A day filled with relaxation and focus on the self can also have a positive impact on your mental health. Spa therapy can help renew your spirit and allow space for your mind to regain clarity.

Achieving a state of relaxation regularly is necessary to allow your mind and body to recover from the physical impact of stress that you deal with throughout the day. Spending the day at the spa enjoying a deep tissue massage can release the built-up stress that manifests as tight muscles in your neck and shoulders. This release of tension allows the muscles to relax, and in turn, the mind relaxes too.

A facial involves cleansing, exfoliating, and hydrating the face while giving your facial tissue a light relaxing massage is sure to put your mind at ease. It also relieves tension in the head and neck, which can reduce headaches.



Let’s not forget to treat our feet to much needed love. This is another opportunity to promote relaxation. By focusing on the muscles in the lower legs and feet your body will increase blood flow to the joints. Adding aromatherapy to the foot spa experience enhances the feeling of relaxation by acting on several senses simultaneously. Regular spa treatments result in enhancing your life in many ways. Adding some spa therapy will help you slow down, unwind, and achieve balance. I hope I’ve convinced my friend that spa therapy is good for ANY body!

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.



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, acupressure and more. Woodhouse Day Spas also specialize in a variety of hand, foot and waxing treatments.

Tips For Relieving Stress

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. However, many times, stress is inevitable and natural when we face certain unknowns or anxiety-driven circumstances. If you are dealing with worry or fear due to a new issue in your life or out of concern for a loved one, there are steps you can take to help you unwind and promote good mental health.

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

Get Moving

Most people can benefit from taking a brisk 30-minute walk. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, and it can stave off memory disorders and increase neuronal plasticity.

Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Avoid Blue light. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it's still

daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

Combining Methods is Best

In order to overcome stress, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

When to Seek Help

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you're unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

Aston Gardens

Aston Gardens is also one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit.

With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINESM Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

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!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-343-4673 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



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

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*
©ActivePure Technology



To order your Air Purification Product or to find out more, please visit www.purifiedlife.co, or call 813-434-3393.

Source: aspvollara.com



GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause.

There is a common misconception that ED is just another sign of aging, but that couldn’t be further from the truth. Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical evaluation and treatment from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED’s Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has



developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

it’s Never too Late

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be, but it’s not too late. GAINSWave has helped many patients with advanced ED conditions.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

Physical Medicine Center has many Google Reviews to Share with you. You can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa). We’ve highlighted a few:

“The minute you call the clinic you get the feeling that you are going to receive excellent treatment. They are very thorough and friendly. Dr. Lupo explains things thoroughly—is a place that I would highly recommend.”—Jose

“The staff of Physical Medicine are excellent. Their professionalism and knowledge of specific procedures being used I find very reassuring. I am trying to regain my ability to become “normal” again after prostate cancer and I am in treatment using the Gainswave technology along with the P-shot injections...”—Dan

“I have been coming to Physical Medicine Center for many years. I have a number of things wrong with my back, including Osteoarthritis, and a number of herniated discs. If it were not for Dr. Lupo and his great staff, I would have opted for some major back surgery years ago. Over the years, he has been able to let me enjoy a good quality of life, often with very little or no pain...”—Craig

DON’T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

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 postgraduate 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.

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North Tampa, Florida 33613

813-978-0020

www.RidetheGwave.com



Urinary Incontinence:

An In-Office Therapy That is Incredibly Convenient

By Parveen Vahora, M.D.

Many women have a disorder that they try to keep under wraps. If you are one of them, then you are familiar with crossing your legs and willfully praying you don't leak. Does laughing, jumping, or sneezing bring on an accidental urine stream? Avoiding surgery is a common quest. Wearing pads and pullup panties to conceal leaks is inconvenient to say the least.

You're not alone, in the United States, urinary incontinence affects **15 million women**. Many people are familiar with Kegel exercises. These are accomplished by contracting the pelvic floor, but they are rarely completed accurately or effectively, and they can be awkward and time consuming.

Did you know men suffer from urinary incontinence related to prostate issues, obesity, neurological disorders and other conditions? Strengthening the pelvic floor muscles is also beneficial for men when it comes to certain disorders that lead to male urinary incontinence.

Pelvic floor muscles are the layer of muscles that support the pelvic organs and span the bottom of the pelvis. Strong pelvic floor muscles give you control over your bladder and bowel. Weakened pelvic floor muscles mean your internal organs are not fully supported and you may have difficulty controlling the release of urine.¹

THERE IS A BETTER WAY: EMSELLA™ TREATS BOTH WOMEN AND MEN

A new device called EMSELLA™ is the key to effectively eliminating or significantly reducing urinary incontinence. EMSELLA is a unique chair that patients can simply sit and relax in (fully clothed) for 20 to 30 minutes in the comfort of their gynecologist's office. It produces vibrations that cause the pelvic floor muscles to contract. One session is the equivalent of doing 11,000 Kegel exercises.

EMSELLA utilizes electromagnetic energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions re-educate the muscles of incontinent patients.¹

EMSELLA produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment. Most women will undergo just six sessions in a full three-week program to restore their pelvic muscle strength.



The best part is, 75% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients have an improved quality of life.¹

**No Surgery | No Drugs | No Pain |
No Downtime—Just Sitting in a Chair!**

You just sit on the EMSELLA chair, fully clothed for 30 minutes, twice a week for three weeks and your pelvic floor muscles are tightened and lifted so that there is a substantial improvement in incontinence, leaking and off label "sexual gratification". It is a remarkable option to strengthen pelvic muscles, and to eliminate leaking during exercise, sneezing, laughing or for those who have an urgent need to relieve their bladder.¹

Who is a good candidate?

EMSELLA is a great option for women and men of any age who desire solution for urinary incontinence and improvement in their quality of life.¹

How Long Does EMSELLA take?

Your provider will tailor a treatment plan for you. A typical treatment takes about 30 minutes, with approximately 6 sessions, scheduled twice a week.¹

Is EMSELLA Painful?

You will experience tingling and pelvic floor muscles' contractions during the procedure. You may resume daily activities immediately after the treat.¹

How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.¹

References:

1. Body by BTI, A Breakthrough Treatment For Incontinence And Confidence, 2019 Bti Industries Inc.

This innovative treatment is helping numerous women and men find their freedom, confidence, and to get their life back without having to worry about urinary incontinence. It's even been featured on the Doctors TV show and in various other news and media outlets.

Along with urinary incontinence, EMSELLA can also help with Urinary frequency, prolapse, nocturia (waking up to urinate) and erectile dysfunction.

Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and she offers MonaLisa Touch® for patients who have issues from having children, going through menopause, as well as post-menopausal women, cancer survivors, and those suffering from pain during intercourse or intense dryness or incontinence or prolapse.

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating health care practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns.

Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms. She is a woman gynecologist and is well-known in her community for her deep commitment to positive outcomes for her patients. Most importantly, her patients love her because she listens, and her care is highly effective because of that.



Cammie Acevedo, APRN

Cammie is a board-certified Nurse Practitioner with the American Association of Nurse Practitioners. Her academic background includes a Masters degree in Nursing from Chamberlain College of Nursing. Her previous nursing experience

includes Labor and Delivery, Mother/Baby and Trauma/Surgical Intensive Care as well as working as an Advanced Practice Nurse in Family Medicine. With an extensive career in Women's Health, she has a passion for empowering women and she truly enjoys being able to provide high quality care while improving the lives of women through promotion of mental, physical, and sexual health and wellness. As a busy mom of 5, she enjoys spending time with her family attending sporting events and visiting different beaches when she's not providing patient care.

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

To find out more, please visit ParveenVahoraMD.com.

SHINE VIRTUAL OUTREACH EVENTS

April 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.

Saturday Morning Medicare Basics with SHINE Zoom meeting Saturday, April 2nd 2022 at 10:00 am

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/8614392828>

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

Medicare Part C Advantage Plans with SHINE Zoom meeting Wednesday, April 6th 2022 at 10:00 am

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/9298919792>

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

Medicare Basics with SHINE Zoom meeting Wednesday, April 6th 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)

Register in advance for this meeting:

<https://us06web.zoom.us/j/9298919792>

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

Medicare Basics with SHINE Zoom meeting Monday, April 11th 2022 at 1:00 pm

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/8614392828>

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

Medicare Financial Assistance with SHINE Zoom meeting Wednesday, April 13th 2022 at 10:00 am

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/8614392828>

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

Medicare 101 with Shine Zoom meeting Wednesday, April 13th 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)

Register in advance for this meeting:

<https://us06web.zoom.us/j/9298919792>

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

Medicare Part D Drug Plan with SHINE Zoom meeting Monday, April 18th at 1:00 pm

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/8614392828>

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

Medicare Long Term Care with SHINE Zoom meeting Wednesday, April 20th 2022 at 10:00 am

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/8614392828>

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

Medicare Part C Advantage Plans with SHINE Zoom meeting Wed., April 20th 2022 at 12:00 noon Lunch & Learn

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/9298919792>

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

Medicare Part C Advantage Plans with SHINE Zoom meeting Wednesday, April 27th 2022 at 10:00 am

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/9298919792>

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

Medicare Basics with SHINE Zoom meeting Wednesday, April 27th 2022 at 12:00 noon - Lunch & Learn

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

Register in advance for this meeting:

<https://us06web.zoom.us/j/9298919792>

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



Inflammation: The Body's Signal That Something Isn't Quite Right!

We are hearing about inflammation more often in health and wellness circles, but what exactly is inflammation and how can we reduce it? Inflammation is a process by which your body's white blood cells and the things they make protect you from infection from outside invaders, such as bacteria and viruses. There are potential invaders living on our bodies and in our environments just waiting to get inside to create a warm home to thrive in. Our immune system is responsible for detecting these invaders and ensuring they do not get in, this process causes inflammation. In tiny amounts, this is a process that protects humans, however if the immune system is not functioning properly or we are overrun with invaders we can create excessive inflammation which can lead to disease. There are two main types: acute, comes on fast and dissipates quickly and chronic which can last months or even years.

Conditions that are linked to chronic inflammation include:

- Cancer
- Heart Disease
- Arthritis
- Inflammatory Bowel Disease
- Asthma
- Alzheimer's Disease
- Osteoarthritis
- Fibromyalgia
- Headaches
- Irritable Bowel Syndrome
- Back and Neck Pain

Symptoms of chronic inflammation can include rashes and other skin disorders, allergies, muscle and joint stiffness, exhaustion, headaches, loss of appetite, and more. These are included, in the most common symptoms that bring people to see their medical professionals, particularly loss of energy. All these symptoms are general and could be related to a myriad of issues which is one of the reasons systemic inflammation goes undiagnosed or misdiagnosed. It is likely that most of us, are systemically inflamed, due to our lifestyle choices.

It is important to understand that the most common inflammatory causes are from food choices, stress levels, sedentary lifestyles, and lack of sleep. While there are some medications that can help with inflammation like Steroids, NSAIDs (Advil



and Tylenol), and biologics, none of them 'cure' the response, they simply settle it for the time-being. Curing systemic inflammation has proven to be difficult but lowering the risk can be done through various lifestyle modifications.

Ready to see what you can do to reduce inflammation? Here are the top 10 ways to create a less inflamed body:

1. Reduce sugar intake, particularly refined sugars like those found in candies, doughnuts, and white bread
2. Reduce fried foods, cured meats, and refined oils (trans-fats)
3. If you smoke, think seriously about quitting. (Contact us to learn more about Kick BUTT at info@wishingwellworks.com)
4. Limit daily alcohol consumption
5. Manage stress- this is a whole different topic, but stress is a leading cause of inflammation in the body
6. Get enough sleep- while sleep or lack thereof is not a direct cause of inflammation it can increase the negative symptoms experienced by systemic inflammation
7. Increase physical activity- we know that exercise reduces oxidative stress, burns excess calories, and creates a more stable internal environment
8. Eat a diet plentiful in leafy greens, omega-3 rich foods (fish, olive oils, etc.), broccoli, and tomatoes
9. Add anti-inflammatory foods like turmeric, ginger, nuts, berries and other fruits
10. Take time to rest and relax daily- even if only 15 minutes at a time

Changing lifestyles can be difficult! It requires that we recognize what we are currently doing. We need to have the resources and time to change our current behavior, AND the motivation to keep up with the change. This can be very taxing on our personal and professional lives. We recommend that you focus on one aspect at a time and start with an easier task first. We encourage our clients to start with sleep. This is a controllable change, meaning that you can decide when you go to sleep to ensure that you get enough. This will take commitment and a loss of something you enjoy (watching TV, playing online, etc.) but it is easier than say changing your diet, reducing alcohol, or managing stress. Once you are getting enough sleep, energy levels will go up (a small part of the energy increase can also be attributed to potentially reducing inflammation) and with that comes motivation to take on another change. Human beings are habitual creatures. We do not like change. We have the capacity to create habits to help manage the amount of information we must deal with every day. Sometimes these habits (brushing teeth, driving a car, etc.) are helpful. Imagine, forgetting how to drive and having to re-learn it every time you drove! But other times, these habits increase our risks of disease (sedentary living, late-night snacking, grab-and-go eating).

When trying to change overall nutrition, it can mean making 10+ changes to our lifestyles. It means reading labels, managing food addictions and portions, and so much more. It can be helpful to follow a plan. The most recommended 'diets' to follow for a reduction in inflammation continues to be the Mediterranean Diet and the DASH diet. A traditional diet from the Mediterranean region includes a generous portion of fresh produce, whole grains, and legumes, as well as some healthful fats and fish. It also limits dairy products and eggs. The main goal of the DASH diet is to reduce sodium and it recommends reducing meat consumption and other high sodium products while also encouraging high amounts of fresh fruits and vegetables and whole grains. Both of these 'diets' are considered healthy options because they recommend low levels of the items listed that cause inflammation.

Interested in learning more about health and wellness from Wishing Well Works? Talk to your Human Resources department about signing up for one of our various corporate wellness programs. We have over 200 programs that can help you better understand how the human body and mind function and thrive!



Wishing Well Works
CORPORATE WELLNESS

www.wishingwellworks.com

When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.





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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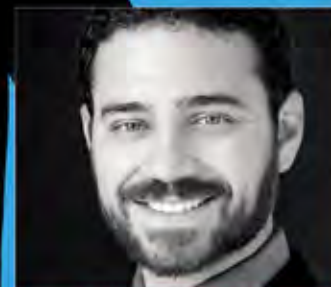
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