

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

June 2022

Pasco/North Tampa/New Tampa Edition - Monthly

www.healthandwellnessFL.com

 **FREE**

Summer Lovin'

Want to Get Your Groove Back?

See Page 14

Alzheimer's & Dementia: A Growing Epidemic

See Page 18

**GAINESWave
Has Helped
Numerous Men,
Just Like You**

See Page 16

**The Most
Common Causes
of Cartilage Loss**

See Page 6





Your treatment.

Our Journey.

A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours*, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer’s genomic profile. And with world-class care that’s close to home, we’re always here to make treatment simple and clear.

ACCESS TO
85+
NATIONAL
CLINICAL TRIALS



By your side – every step of the way.

Caring for patients at our seven Pasco County locations.

Medical Oncologists:

- Jorge Ayub, MD
- Ayman Barakat, MD
- Mamta T. Choksi, MD
- Uday Dandamudi, MD
- Eva Gupta, MD
- Gajanan A. Kulkarni, MD
- Kapisthalam S. Kumar, MD, FACP
- Shilen Patel, MD
- Ramya Pinnamaneni, MD
- Geetha Rathnakumar, MD
- Joseph M. Sennabaum, MD
- David Wenk, MD
- Gail Lynn Shaw Wright, MD, FACP, FCCP

Radiation Oncologists:

- Sawsan G. Bishay, MD
- Larry Gandle, MD
- Vivian D. Griffin, MD
- Arthur Joseph Matzkowitz, MD
- Neha Sharma, MD
- Gerald H. Sokol, MD, MSc, FCP

Gynecologic Oncologist:


- Jessica Stine, MD



FLORIDA CANCER
SPECIALISTS
& Research Institute

FLCancer.com

*All required paperwork must be provided at time of referral.



Keeping You Healthy and Safe

Your Source for Health Care

Health care is intensely personal. You need physicians who can provide you with a sense of security and trust. Our BayCare Medical Group adult, specialty and pediatric physicians build real relationships with you. You'll receive excellent, compassionate care, close to home.

- Find your new primary care physician at Doctors.BayCare.org
- Most major insurance plans are accepted.
- Same day, early morning and late evening appointments are available.

Your Specialist Resource

BayCare Medical Group specialists focus on quality and personalized care. All specialists are board certified and highly experienced.

Specialists at St. Joseph's Hospital-North

4211 Van Dyke Road, Suite 200
Lutz, FL 33558 | (813) 264-6490

- Breast surgery
- Gastroenterology
- General surgery
- Hematology and oncology
- Orthopedic surgery
- Pediatric orthopedic surgery

Additional Specialist Locations

- Breast surgery
2102 Trinity Oaks Blvd., Suite 202
Trinity, FL 34655 | (727) 462-2131
- Cardiology
6633 Forest Ave., Suite 300
New Port Richey, FL 34653 | (727) 724-8611
- General surgery
6633 Forest Ave., Suite 205
New Port Richey, FL 34653 | (727) 375-2849
- Orthopedic surgery
2102 Trinity Oaks Blvd., Suite 202
Trinity, FL 34655 | (727) 372-4210

We've enhanced our safety measures to protect your health. All doctors, team members and patients are required to wear masks and we sanitize our clinics throughout the day.



BayCareMedicalGroup.org

Hello Life

*At Florida Medical Clinic,
you'll love the way we
care for you.*



Our new home is right next to yours.

Florida Medical Clinic at Watergrass
7760 Curley Road Wesley Chapel, FL 33545

Call Family Medicine 813-751-3700
FloridaMedicalClinic.com

Florida Medical Clinic 
Your life. Our specialty.

We look forward to meeting you.

**FAMILY MEDICINE • ALLERGY • CARDIOLOGY • ENT • BEHAVIORAL HEALTH
GYNECOLOGY • UROLOGY • LAB SERVICES • RADIOLOGY**

CONTENTS JUNE 2022

- 6 The Most Common Causes of Cartilage Loss
- 8 Alzheimer's & Dementia: A Growing Epidemic
- 9 Skin Cancer/Melanoma
- 10 Orange Looks Good
- 11 Painful Nerve Damage: How One Patient's Story Helps Another Find Relief - Treating Shoulder Pain Successfully with Radiofrequency
- 12 What an Orthopedic Surgeon Wants You to Know About Treating Arthritis
- 14 Summer Lovin' - Want to Get Your Groove Back?
- 15 Hyperbaric Oxygen Therapy: Can it Boost the Immune System?
- 16 GAINESWave Has Helped Numerous Men, Just Like You
- 18 Top Five Reasons to Enjoy The Woodhouse Day Spa in St. Pete
- 19 When Insulin Injections Can Be a Concern with Type 2 Diabetes
- 20 A New Way to Treat Treatment-Resistant Depression
- 21 9 Tips to Prevent Alzheimer's Disease
- 22 Spiritual Wellness: When You Are at Your Withs End

CONTACT US

OWNER / ACCOUNT EXECUTIVE

TAMPA/PASCO - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

Tampa Bay's Health & Wellness Magazine can be found in over 1,000 Tampa/Pasco area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Tampa Bay Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call
Tampa/Pasco 727.515.2353

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



Let us Help *Take Care*
of your Mom & Dad!



TouchStone

HOME CARE

We are the "Senior Care Experts"

We have **100+ CNA Caregivers** in the Tampa Area to help keep your parents living in their home safely & independently!
Certified, Background Checked & Vaccinated

We can also help recommend some of the **Best Senior Services in Tampa:**
Pharmacy, Moving/Downsizing, Home Health, Senior Living Communities, Senior Wellness, Cognitive Exercise & More!

Live Longer... Better with



TouchStone

HOME CARE

FL License #30211974

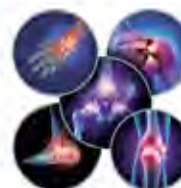
Call now for your **FREE**
Senior Care Consult!
LOCALLY OWNED
SENIOR CARE EXPERTS
813-426-7848

Tammi Mara & Nicole Tegeler, Owners

NATIONAL INSTITUTE OF SPINE & PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain

ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

Whatever the source of your pain,
you can benefit from visiting the
Pain Management Center

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

The Most Common Causes of Cartilage Loss

By: Regenexx at New Regeneration Orthopedics

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

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

The Truth About Cartilage Loss

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

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

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

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



Can We Re-grow Cartilage?

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

Regenerative medicine can improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using regenerative medicine in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

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

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

1. Obesity (Mechanical)

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

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

2. Obesity (Biochemical)

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

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

3. Trauma

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

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

4. Joint Instability

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

Injections like prolotherapy, PRP, and bone marrow concentrate, in our clinical experience, can help reduce instability whether the ligament is loose or torn (partial or non-retracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

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

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

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

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

7. Lack of Exercise

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

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

8. Poor Alignment and Biomechanics

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

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

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage. While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

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

Experiencing pain from cartilage loss? Find out what Regenexx at New Regeneration Orthopedics can do for you at www.newregenortho.com.



MEET THE DOCTORS



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

In 2012, Dr. Leiber was the first to offer Regenexx in Florida and began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



Ronald Torrance II, D.O., FAOSM – Fellowed in Sports Medicine and co-author of Exercise 2.0 for Regenexx and author of the 2018 best paper of the year on The Concussed Athlete. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete. Dr. Torrance spends time with his wife and two children as well as lecturing and instructing throughout the country.



Ignatios Papas, D.O. – Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



Lisa Valastro, D.O. – Specializes in Physical Medicine and Rehabilitation with a focus on regenerative medicine via orthobiologics. She received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania, and her Physical Medicine and Rehabilitation training at Albany Medical Center in Albany, New York. In her spare time, she enjoys hiking, kayaking, weight lifting and volleyball.

At Regenexx at New Regeneration Orthopedics, one of our Core Values is "Patient Above All Else"

Regenexx at New Regeneration Orthopedics: 813-296-2614

2401 University Parkway, Sarasota | 8600 Hidden River Parkway, Tampa
100 2nd Avenue South, St. Petersburg | 1412 Trovillion Avenue, Winter Park

Alzheimer's & Dementia: A Growing Epidemic

It may seem unbelievable that the statistics for Alzheimer's and Dementia are skyrocketing to upwards of 6 million in the US, and that number is expected to triple by 2050. Have you or a loved one already been diagnosed with this devastating disease?

Forgetfulness, agitation and frustration, social withdrawal, difficulty with daily tasks, these are all symptoms of Dementia. Every 66 seconds someone develops Dementia in the U.S. Experts estimate that the number will be close to 15 million people by mid-century.

With Dementia, there are several different types, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke or mini-stroke(s). Vascular dementia injures the brain in the area that controls memory, problem solving and speech. This type of dementia progresses at a slower pace, but with nonetheless frustration and self-consciousness for its sufferers.

Warning Indicators

The signs and symptoms of dementia are different for every patient, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Changes in personality
- Agitation and Frustration
- Difficulty with daily tasks
- Social withdrawal
- Aphasia (speech disorders)
- Sundowning/Sleeplessness/Restlessness, especially in the evening

Treatment

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. There are lifestyle choices that can help patients stave off the progression. These include:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors



Alzheimer's and Dementia Preventative Measures Eating a nutritious diet, such as the Mediterranean or Dash diet provides essential nutrients for the brain's health. There have also been many studies on high doses of vitamin C and antioxidant therapy that help to protect cognition.

Staying social is also an impactful method to keeping your brain active. Along with socialization, staying physically active is imperative to keeping your oxygen-rich blood pumping and for warding off Alzheimer's and dementia.

Aston Gardens offers a memory care facility on their Tampa Bay Campus.

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.

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

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 At Tampa Bay 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



SKIN CANCER/MELANOMA

About one in five Americans are likely to develop skin cancer by the age of 70, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. It is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three major types of skin cancer - basal cell, squamous cell and melanoma, which is the most serious type.

Basal cell and squamous cell skin cancer are the most prevalent and least dangerous type of skin cancer. These cancers generally start in the top layer of the skin, the epidermis, and grow slowly. They are often related to sun exposure and found on those areas of the skin that are most often exposed to the sun. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

Melanoma skin cancer develops when melanocytes, the cells that give the skin its tan or brown color, start to grow out of control. While melanoma accounts for only about 1% of skin cancers, it is the cause of a large majority of skin cancer deaths. If not detected and treated early, it's more likely to spread to other parts of the body. When detected early, the five-year survival rate is 99%.

Melanoma can develop anywhere on the skin, but usually starts on the chest and back in men and on the legs in women. It is almost more than 20 times more common in Caucasians than in African Americans.

The ABCs of Skin Cancer

Older adults, people who are fair-skinned, or those who have a lot of moles are generally at greater risk, so it's important to know your skin well. It's a good idea to have an annual skin check by a healthcare provider. While many skin cancers are highly treatable, if you notice anything suspicious anywhere on your skin, you should report it to your physician.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous - just remember ABCDE:

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes



Ongoing Treatment Advances

Options for treating skin cancer will vary, depending on its location, size, type and depth of the lesions. Small skin cancers limited to the surface of the skin or precancerous skin lesions known as actinic keratoses may not require treatment beyond an initial skin biopsy or a procedure that uses liquid nitrogen to freeze and remove the entire growth.

In addition to surgery, radiation therapy and chemotherapy, researchers are focusing on the development of treatments that directly target specific mutations in melanoma cells or that harness the body's immune system to attack melanoma. These and other ongoing advancements are leading to improvements in survival rates for patients with advanced melanoma.

Slip, Slop, Slap & Wrap to Reduce Your Risk

The majority of all skin cancers are caused by overexposure to UV light rays - either from the sun (a natural source) or from an artificial source, such as tanning beds. On average, a person's risk for melanoma doubles if they have had more than five sunburns. Even just one blistering sunburn in childhood or adolescence more than doubles a person's chances of developing melanoma later in life.

Here are ways to reduce your risk:

- Whenever you are in the sun, wear sunscreen with a sun protection factor (SPF) of 30+.
- Do not use tanning beds.
- Avoid exposure to harmful chemicals, including tobacco, so don't smoke.
- Watch for any changes in moles or new suspicious skin growths.
- Schedule an annual skin check with a healthcare professional.

Especially here in Florida, it is important to stay aware of the risks of too much sun exposure and take precautions to protect yourself and your family. To enjoy the outdoors safely, remember this simple formula: Slip, Slop, Slap & Wrap - Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses to protect your eyes!

**World-Class Cancer Treatment
Close to Home**
About Florida Cancer Specialists
& Research Institute, LLC:
(FLCancer.com)

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

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



Hudson
7651 Medical Drive
Hudson, FL 34667

Hudson North
14100 Fivay Road
Suite 380
Hudson, FL 34667

Land O' Lakes
19409 Shumard Oak Drive,
Suite 101
Land O' Lakes, FL 34638

Trinity
9320 State Road 54
Trinity, FL 34655

Wesley Chapel
26823 Tonic Drive
Wesley Chapel, FL 33544

Wesley Chapel Gynecology Oncology
2391 Oak Myrtle Lane
Wesley Chapel, FL 33544

Zephyrhills
38010 Medical Center Avenue
Zephyrhills, FL 33540

For more information,
visit FLCancer.com

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

Treating Shoulder Pain Successfully with Radiofrequency

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

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

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

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

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

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

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



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

Surgery is Not Always the Answer

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

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

Nerve Blocks and Radio Frequency

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

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

The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from nerve back pain.

Regenerative Medicine

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

More on Exosomes

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



Dr. Sunil Panchal

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

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

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

What an Orthopedic Surgeon Wants You to Know About Treating Arthritis

By William A Cooper, DO

We see a high prevalence of osteoarthritis in obese patients due to wear and tear and pressure on the joints, including forces and friction. If patients can lose weight, they can reduce or stop the progression of arthritic damage.

Osteoarthritis (OA)

The biggest misconception for most patients is to rest their joints thinking they will heal, but in reality, people need to move and create activity and mobility, not immobility. This is essential for the joints; however, it should never be aggressive or strenuous motion.

There is structural and inflammatory arthritis. Osteoarthritis comes down to a loss of the cartilage of the overlying bones, which causes stress and angers the joint. It produces pain, swelling, and stiffness.

Osteoarthritis typically is an endpoint of post-traumatic injury, torn ligaments, genetic predispositions, or alignment issues.

Physical therapy is a first-line treatment that I personally take very seriously. I don't rush patients into surgical procedures. We prefer to exhaust our conservative treatment options before surgical intervention is recommended. Conservative methods often can treat the area quite well depending on which joint has OA.

Conservative Treatment

- Physical Therapy
- Rest, but not immobilization.
- Corticosteroid injections
- Viscosupplementation Injections
- PRP (Platelet-Rich Plasma)

All injectables that I offer are ultrasound-guided, which allows me to see the precise area within the joint that I'm injecting the soliton into for precision medicine, which provides optimal outcomes.

Injectables

- Corticosteroids reduce pain and inflammation
- Viscosupplementation is a hyaluronic gel that can be lubricated and produce a cushion for the joint to glide against.
- PRP is taken from the patient's own blood, spun down, and the platelet-rich plasma is injected into the joint. PRP has growth factors that are known to produce healing mechanisms and work very well in many joints, especially the knees, and for tendonitis or tendinopathy. I've seen remarkable results for my patients.

Diet and Exercise

From a preventative standpoint, what can people do to prevent injury or re-injury? Generally, the most important angle is diet and exercise. Individuals who maintain a healthy weight and work out daily to keep their muscles strong and increase blood circulation and oxygen intake are in a better category than those who eat poorly and are more sedentary.

If patients have OA, they may not be able to work out at the same intensity they did prior to their injury or state, but I can't stress enough the importance of moving; even if all you can do is a brisk walk, it's critical for overall well-being and musculoskeletal health.

Diet is crucial for general health and is dependent upon the individual's needs, belief systems, and preferences. I tell patients to avoid processed and refined foods and opt for a healthier diet to reduce inflammation.

Surgery

Surgical arthroscopy is minimally invasive and can be used to salvage cartilage and regrow cartilage. In my patient population, which is middle to elderly aged, I try every conservative treatment option first. Still, many times, due to the patients' health or the severity of their OA, arthroplasty or partial joint replacement, or total joint replacement may be necessary to help them regain function and range of motion.



William A Cooper, DO
Board-Certified Orthopedic Surgeon

Dr. William Cooper is a board-certified orthopedic surgeon with BayCare Medical Group, serving the Trinity, Florida area. He completed his undergraduate degree in biology from Excelsior College in Albany, New York. Dr. Cooper earned his Doctor of Osteopathic Medicine from Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Florida. He continued his medical education by completing a surgical internship, followed by an orthopedic surgical residency at William Beaumont Army Medical Center in El Paso, Texas. Dr. Cooper provides compassionate, evidence-based orthopedic care to patients of all ages. As a veteran of the United States Army and United States Navy, Dr. Cooper's military background gave him significant experience and skill in managing complex orthopedic sports injuries, joint reconstruction, and orthopedic trauma. Dr. Cooper performs numerous surgical procedures that include both robotic and traditional hip and knee replacements, with a particular focus on minimally invasive anterior hip and partial knee replacements. He is also proficient in arthroscopic management of knee and shoulder injuries, such as ligament reconstruction, rotator cuff repair and shoulder stabilization. Dr. Cooper has notable experience in operative and nonoperative fracture management. He also treats various hand conditions such as carpal tunnel syndrome and trigger fingers. He is affiliated with Morton Plant North Bay Hospital.

Dr. Cooper provides compassionate, evidence-based orthopedic care to patients of all ages. As a veteran of the United States Army and United States Navy, Dr. Cooper's military background gave him significant experience and skill in managing complex orthopedic sports injuries, joint reconstruction, and orthopedic trauma. Dr. Cooper performs numerous surgical procedures that include both robotic and traditional hip and knee replacements, with a particular focus on minimally invasive anterior hip and partial knee replacements. He is also proficient in arthroscopic management of knee and shoulder injuries, such as ligament reconstruction, rotator cuff repair and shoulder stabilization. Dr. Cooper has notable experience in operative and nonoperative fracture management. He also treats various hand conditions such as carpal tunnel syndrome and trigger fingers. He is affiliated with Morton Plant North Bay Hospital.

BayCare Medical Group Orthopedic Surgery
2102 Trinity Oaks Blvd., Suite 202
Trinity, FL 34655

To learn more about Dr. Cooper or to schedule an appointment please visit DrWilliamCooper.org or call (727) 372-4210.



Listen to Dr. Cooper's podcast to learn more.





»»» www.hyperbariccentersofflorida.com

Hyperbaric Centers of Florida

Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

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

Call Today for More Information! 813-788-3969

PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Cammie Acevedo, APRN

SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

NOW OFFERING GENETIC TESTING FOR MEN

INSPIRING WOMEN TO LIVE THEIR BEST LIFE BY PROVIDING COMPASSIONATE CARE.

Call or email to set up your consultation today!

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

ADVANCED AND INDIVIDUALIZED CARE

Tampa Bay's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

[facebook.com](https://www.facebook.com/HealthAndWellnessFL)



On Twitter

[twitter.com](https://twitter.com/HealthAndWellnessFL)



In Your Inbox

Receive our monthly newsletter. Sign up online



Providing information  that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.



THE WOODHOUSE
day spa®

- ST. PETE -

25% Off Your First Service*

*Cannot be combined with any other offers.

75 1st St S, St. Petersburg, FL 33701 | (727) 228-1646



stpete.woodhousespas.com



Summer Lovin' Want to Get Your Groove Back?

By Parveen Vahora, M.D.

The warm days of summer are here. Long strolls on the beach, relaxing poolside, and hot steamy nights might seem enticing when it comes to being intimate with your partner, but if you are like many women, you might be feeling a little “off” this season.

Many things can lead to a drop in confidence in the bedroom, such as hormonal shifts, weight gain, and VVA. What is VVA? Vulvovaginal atrophy is a common condition that causes vaginal dryness, pain, burning and irritation.

VVA

When the regularity of a woman’s menstrual cycle ceases, the estrogen receptors decrease along with estradiol in the uterine lining, disrupting the thickness and lubrication of the tissues. Why is this significant? Estrogen increases gland secretion and blood flow to the urogenital tissues, so when our estrogen is limited or obsolete, it leads to vaginal dryness, pain, PH imbalance, and urinary changes such as overactive bladder and incontinence.

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders, interfere with daily activities, and completely disrupt your life due to the extreme pain and discomfort that it can cause.

Dr. Parveen Vahora explained, “There are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that is not hormonal, has no side effects, and only takes a few minutes to perform right in the convenience of my office. This advanced technology is called the MonaLisa Touch®, and it’s helped countless women treat their vulvovaginal atrophy and associated symptoms and pain. Women get their confidence and sexual health back to how it was when they were younger.”

MonaLisa Touch®

No medications, no cutting, no lengthy healing times: This innovative laser therapy is for VVA. It’s quick, efficient, and can be safely performed in the comfort and privacy of Dr. Vahora’s office. The laser



does not hurt or cause any pain. You will only feel slight vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient office setting.

The laser helps with the body’s cell renewal and regenerates the mucous membrane, helps with the restoration of collagen and renews the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO2 laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

Now it’s possible to have relief from vulvovaginal atrophy due to the MonaLisa Touch’s® ability to gently improve the tissue of the vulvar and vaginal-mucosa. With this treatment, women no longer have symptoms of dryness, pain, itching, or irritation. Women are able to enjoy intimacy once again. The MonaLisa Touch treatment also helps urinary symptoms such as incontinence and urgency.

Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration,

Give yourself and your partner renewed pleasure with MonaLisa Touch®

NEW PATIENTS ARE WELCOME!
Schedule your consult today.

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

healing, and a renewed enjoyment of each other. You’ll be amazed at how effective this procedure gets you back to where you once were in your relationship.

Don’t just live with your sexual discomfort, get the relief and new beginning that you are worthy of. Call today to schedule an appointment and/or your Mona Lisa Touch consultation at Info@ParveenVahoraMD.com or call (727) 376-1536 or during office hours, text to (813) 548 4412.

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 proving patient care.

Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

Hyperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

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

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹ A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.²

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees, and off-label use is always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

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

Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

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

Patient Testimonials

"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."—Rachel W.

"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"—Thomas P.

"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGio."—Tyler Z.

"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."—The Payne Family

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

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

Common Off-Label Indications:

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

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

Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis." UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.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.

physical  medicine
center

where wellness and beauty meet

Physical Medicine Center, Inc.

14522 University Point Place
North Tampa, Florida 33613

813-978-0020

www.RidetheGwave.com



***A Breakthrough Solution for Men
Seeking Better Erections
& Optimal Sexual Performance***

GAINSWave™

SERVICES:

- **GAINSWave Therapy**
- **Hair Loss Treatment**
- **Platelet Rich Plasma (PRP) Therapy**
- **Intravenous Nutritional Therapy**
- **Zerona Fat Loss Laser Therapy**
- **Venus Freeze Firm Skin Therapy**
- **Auto Injuries**
- **Spinal Decompression Therapy**
- **ALCAT Food Allergy Testing**
- **Trigger Point Injections**
- **Massage Therapy**
- **Headaches/Migraines**
- **Chiropractic Care**
- **Hormone Replacement Therapy**



**FREE Initial
GainsWave™
Treatment
if You
Qualify!**

**CALL TODAY TO SCHEDULE YOUR
CONSULTATION WITH DR. ROBERT LUPO
AND GET YOUR SEX LIFE BACK.**

813-978-0020

physical  medicine
center

where wellness and beauty meet

DR. ROBERT LUPO, D.C.

www.mybackinplace.com

14522 University Point Place, North Tampa, Florida 33613

Top Five Reasons to Enjoy THE WOODHOUSE DAY SPA in St. Pete

The more we become educated on the benefits of staying healthy and inducing overall wellness, many people are incorporating spa services, and for good reason. In days past, it was often believed that a spa service was for the elite or just reserved for special occasions, but in today's fast-paced, stress-inducing world, we now understand that these treatments are beneficial for overall health.

How our spa treatments promote health and wellness:

1. De-Stress

Atmosphere—To begin with, a relaxing spa visit is a great way to de-stress and calm your mind. Once you walk through our gorgeous wooden doors you will be greeted with our signature blend of essential oils. The scent is designed to immediately put your mind at ease. You will be provided a luxurious robe and reflexology sandals to start your tranquil spa experience in the "quiet room". All of which attributes to your ability to further de-stress before your unforgettable spa experience.

Massage—Following a massage, science has found that the body benefits from increased levels of serotonin and dopamine. This is why many people who suffer from depression choose to regularly treat themselves to a relaxing spa treatment. In these stress-related, pandemic times, we all need a spa day more than ever!

Getting a massage can also provide other health benefits such as deeper sleep, relieves muscle tension, lowers blood pressure, decreases chronic pain, and much more.

2. More Radiant Skin

As we know, our skin ages over time and can take on a dull complexion. As a matter of fact, natural anti-oxidant production in our skin begins to decline in our 20's. Our facials are designed to not only cleanse the skin but to also uncover brighter, smoother, and more radiant skin.

We offer several facials, below are two examples of what sets Woodhouse Day Spa apart:

THE WOODHOUSE SIGNATURE MINKYTI

Our age-defying, award-winning facial Combining organic seaweed and expert massage techniques



throughout, this facial offers deep hydration, relaxation and nourishment with immediate results. The Minkyti facial includes cutting-edge exfoliation using an integrated blend of AHAs. Great for all skin types to establish and maintain pH balance. Most definitive results are typically experienced with a series of 3 to 6 facials.

COLLAGEN INFUSION FACIAL

Plump and densify the skin with this collagen booster therapy. Ultra-potent hyaluronic acid, marine collagen and BABOR®'s powerful tripeptide boosts the skin from the inside out, visibly smoothing lines and wrinkles. The results achieved with this treatment are heightened by BABOR®'s indulgent and expert facial techniques using an innovative silver foil mask that intensely hydrates and plumps the skin. The result is visibly improved skin firmness and tone with a youthful, lifted look.

3. Relieves Pain

Pain Reduction—If you've been experiencing aches and pains, a massage can remarkably help alleviate and reduce numerous painful conditions. Our experienced therapists provide a top-quality massage that can help diminish mild to moderate aches and pains. The scalp massage helps to target areas of pain with the body and assists with reduction of headaches.

We offer several options for massage, below are a few examples:

THERAPEUTIC STONE MASSAGE

This full-body massage incorporates warm stones with a light- to moderate-pressure massage. Experience this time-honored practice that brings deep, restorative rest. Our massage therapist gently glides smooth stones over the body, providing warmth that soothes the mind and muscles, increases circulation, improves tone, and induces tranquility. Himalayan Salt Stone or Volcanic Stone available by location.

DEEP TISSUE MASSAGE

This therapeutic massage uses strategic strokes to increase circulation and release muscle tension. A combination of trigger point therapy, stretching, sports massage and other unique modalities works to relieve strain, stress, and inflammation.

RELAXING BACK, NECK AND SHOULDER MASSAGE

Ease stress with this focused tension-releasing massage. A therapeutic blend of essential oils is applied to remove lactic acid and eliminate chronic deep "knots." Knead-and-release techniques are used to relax the muscles and increase circulation. Arise relaxed yet invigorated.

4. Improves Blood Flow and Circulation

On top of that incredibly relaxed feeling that you get after a massage, it can also benefit our body in that it can improve blood flow and circulation. This helps our body to fend off illness. When our lungs, heart, and muscles are functioning properly the entire body feels better and provides a greater sense of well-being, which leads to the final point...

5. Enhances Confidence

When you take care of your body you naturally feel better. Your skin will be glowing after a facial. Your muscles will feel relaxed after a massage. With so many amazing options to treat yourself to at The Woodhouse Day Spa-St. Pete, you will love the relaxing experience and the confidence that comes with it.

Give yourself the gift of relaxation—You deserve it!

THE WOODHOUSE
day spa®

To schedule your appointment, please contact us today at (727) 228-1646, or visit us online at Stpete.WoodhouseSpas.com.



When Insulin Injections Can Be a Concern with Type 2 Diabetes

By Denise A. Pancyrz - Diabetes & Holistic Lifestyle Coach, Speaker, Author

There are varying opinions on the use of insulin for type 2 diabetes patients. These opinions vary by physician and patient.

Some believe it makes life so much easier to inject insulin to reduce high glucose levels. Some are afraid to even consider the prospect of having to inject insulin every day. Who is right?

Both and neither.

Insulin is a life-saving drug. Too much insulin can keep you alive but may not keep you healthy. Insulin can be prescribed as a basal, like a slow drip throughout the day to help manage glucose or be fast working to help manage glucose at mealtime to keep spikes to a minimum. In many cases, both are prescribed when glucose is greatly out of control. This can be a way to lower your A1c.

Why do I need insulin?

With insulin resistance when your body does not effectively use the insulin that is produced.

Your pancreas works harder to get your insulin into cells; then over time cannot produce enough insulin to meet your body's need. When this problem persists for too long, eventually the pancreas gets too tired to even try. This can be referred to as beta cell dysfunction or burnout.

Many people learn to respond by starting a keto diet to reduce carbohydrate intake. That will work for a while. However, too much unhealthy fat in your diet can also affect how well your pancreas functions. Therefore, also affecting your glucose control.

What is the problem with injecting insulin if I need it?

There is an education problem leading to a usage problem. In my experience, surprisingly a high number of type 2 diabetes patients have not been properly taught when and how much insulin to inject.

How do you know? When your A1c remains above 7.0% that can be an indication that there may be improper use. Are you aware that in addition to high glucose, high levels of insulin can be harmful to your health?

Insufficient doses of insulin keep your glucose levels too high. Too much insulin can cause weight gain or make it difficult to lose weight. You may hear your doctor say, "You need to lose weight," but you can't. The effect of using too much insulin to compensate for unhealthy food choices adds to one's struggle with type 2 diabetes. Your glucose and insulin levels remain high or unstable.

Over time, the use of too much insulin can affect the kidneys causing you to retain salt, water, and uric acid. This all contributes to cardiovascular disease. High insulin in your system can also lead to or be part of your increased blood pressure.

In the beginning of insulin therapy, you most likely notice an improvement in glucose. Over time, it seems to wane requiring increased doses.

I learned firsthand what it's like to inject four insulin shots each day.

In the beginning, I was horrified and ashamed that I was reduced to having to inject myself. I put those feelings aside and started my medication and insulin therapy as directed.

My glucose levels began to decrease. What a relief! Until....

I realized it was difficult to balance food with medication and insulin. Frequently my glucose would drop too low. To compensate, I ate something with sugar and then I would have to manage a high glucose spike. I felt like a mouse in the never-ending wheel.

My A1c did improve, however not as good as when I was able to eliminate the need for insulin. Most importantly is how you reach a better A1c. It just became a numbers game. Using more insulin was not the answer.

I learned that I did not feel healthy. Big swings in glucose to reach a 'good' A1c was not a healthy long-term solution. Understanding what needed to be changed in my life to be healthy ~ overall healthy, became my goal. That was a challenge I was able to win.

Fighting insulin therapy is just a fight that you may not win. Understanding how to heal your pancreas to decrease or eliminate the need for insulin is a wonderful change in the perspective of reversing the effects of type 2 diabetes.

References:

Diabetes. Obesity and Metabolism:
https://dom-pubs.onlinelibrary.wiley.com/doi/full/10.1111/j.1463-1326.2011.01468.x?casa_token=nU3FBbyXOcsAAAAA%3ALY-blvGmBkCyk0mHYyFPO7oDqggY6foPcgQ7H117ppdJtAHpiTpBrfm2n0R2s-OTIQ5SUpl3fbYA4G

Diabetes. Obesity and Metabolism:
https://dom-pubs.onlinelibrary.wiley.com/doi/full/10.1111/j.1463-1326.2011.01469.x?casa_token=bT-vyD3LR8cUAAAAA%3AQNOT_aShDzTZIEyLNILCc6lkoBmYJxUYHm9r7fO3GV4QaLX38Sq-0b3c5fyNzxk404SZigtJndRezMM56

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.



Diabetes & Holistic Lifestyle Coach
 Speaker • Author

Visit www.ReverseMyDiabetes.net for coaching and training information, to book a free consultation, or to set up a speaking event | Call (888) 848-1763
 Email Denise@ReverseMyDiabetes.net.

A New Way to Treat Treatment-Resistant Depression

A New and Highly-Effective Therapy Designed to Help Those With Depressive Disorders, Anxiety, and PTSD

For those who struggle with Treatment-Resistant Depression (TRD), depressive disorders, PTSD, or clinical anxiety, ketamine therapy is a rapid and robust modality having antidepressant effects. Standard treatments for these mental health disorders do not always work, and not only do they take a long time for patients to feel its effects (up to 2 months), but they also do not stay in the system if the medication is not taken regularly. Ketamine, however, is unique in that it enables and promotes connectors in the brain to foster and regrow. Through repairing the connections in the brain responsible for depression, ketamine promotes regrowth and repair of these connections. It is this reaction that is responsible for the efficacy of ketamine, not the presence of the drug in the body as other traditional forms of medications work.

Those with depressive disorders, everyday tasks can be unbearable, affecting their overall quality of life. If the disorder is not managed at a core level, the individual will suffer the anguish that emotional and often physical symptoms can have. The introduction of ketamine in conjunction with behavioral therapy can help patients manage their condition.

What is Ketamine Therapy and What is it Used to Treat

Ketamine therapy is an evidence-based modality prescribed and recommended to those with Treatment-Resistant Depression (TRD), treatment and management of Post-Traumatic Stress Disorder (PTSD), anxiety, and/or underlying mental disorders. Ketamine-assisted treatment has proven to be highly effective in mitigating the side effects and symptoms of depressive disorders and comorbidities, whereas other pharmacological and first-line treatment methods have failed, or the patient has not responded well to the treatment.

WhiteSands Recovery & Wellness is now offering ketamine therapy at their outpatient offices for those who qualify and meet the criteria.

Offering a full continuum of care and customized treatment options means introducing the latest therapies to patients who struggle with underlying disorders. WhiteSands' inpatient programs provide the most comprehensive, all-inclusive treatment at every level of care. Being at the forefront of the newest and most advanced mental health and substance abuse treatment methods, WhiteSands is

proud to introduce ketamine therapy to help patients heal from depressive disorders like Treatment-Resistant Depression.

How Ketamine is Offered and Administered

WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

- IV Infusion Therapy
- Nasal spray - SPRAVATO® (esketamine)

Patients considering ketamine therapy are first seen and assessed by a board-certified Psychiatrist and Registered Nurse where they will complete a blood test and urinary analysis (UA). Patients must pass all requirements of these tests before beginning ketamine therapy. A ketamine therapy plan is arranged for each patient so they are aware of where and when their next session is.

Ketamine therapy is administered seven times over four weeks. The procedure, which takes approximately 45 minutes, is completed in a comfortable and quiet room at a WhiteSands outpatient office where patients are administered their dose in a controlled environment. Once the process is complete, they are monitored for the proceeding hour by a Registered Nurse to ensure they are not experiencing any adverse reactions or side effects. Since patients cannot drive once they have completed their therapy session, we arrange a ride home for them.

Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

How Effective is Ketamine Therapy?

With the introduction of Ketamine for a range of depressive disorders, clinical trials and research indicate that 70-80% of patients who undergo the therapy no longer experience the negative emotions, moods, and symptoms of the depressive disorder they once did.

Ketamine therapy is becoming widely considered a treatment option for TRD for its rapid action and lasting effects. After just a single ketamine therapy session, patients reported a significant improvement in their anxiety and depressive symptoms.

Ketamine has shown to:

- Mitigate chronic pain
- Alleviate depression
- Reduce suicidal ideation
- Dramatically lessen the symptoms of depression

With the COVID-19 pandemic taking a toll on mental health and exacerbating depressive disorders, the need for effective and safe therapy is crucial now more than ever. To maximize patient success in managing depressive disorders, it's important that patients are not provided with a 'band-aid' method, but with safe, non-dependency therapies. Ketamine therapy can provide that.

Pricing

Ketamine IV therapy can be funded on an out-of-pocket, self-pay basis and is not covered by health insurance. WhiteSands Recovery & Wellness offers in-house payment plans, as well as third-party financing options.

SPRAVATO® is covered by major insurance providers. We accept all major medical insurance providers. SPRAVATO® can also be paid out-of-pocket for those who do not have health insurance.

Get in touch with our admissions team to discuss your financial needs.

Location

Ketamine-assisted treatment is offered at several WhiteSands Treatment outpatient locations. The facility has 17 outpatient locations throughout Florida, having on-site licensed medical staff and registered nurses who facilitate and monitor all ketamine therapy sessions.



Dr. S. Mann, M.D.
Chief Medical Officer



Lyndsay Henry, PhD
VP of Clinical Services



Dr. H. Layman
Psychiatrist



WhiteSands
RECOVERY & WELLNESS

If you or someone close to you is struggling with treatment resistant depression, anxiety, PTSD, mood disorders, or depressive disorders, get in touch with WhiteSands Treatment today at

<https://whitesandstreatment.com>

9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.


9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

available at 



About Nasser Razack, MD, JD
Dr. Razack currently practices as a neurointerventional surgeon in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.

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.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

Accepting New Residents | Call Today!



813.381.5105

AstonGardens.com

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



813.502.1146

DiscoveryVillages.com

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

Prices, plans and programs are subject to change or withdrawal without notice. Owned and operated by Discovery Senior Living. Void where prohibited by law. Assisted Living Facility License Numbers: #13328 & #10546. ©2020, Discovery Senior Living, DVW-0047 3/20



THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOSM



IGNATIOS PAPPAS, DO



LISA VALASTRO, DO

REGENEXX TAMPA BAY

Tampa Bay

8600 Hidden River
Pkwy, Ste 700
Tampa FL 33637

St. Petersburg

100 2nd Ave S,
Ste 904S
St. Petersburg FL 33701

Sarasota

2401 University
Pkwy, Ste 104,
Sarasota FL 34243

Orlando

1412 Trovillion Avenue
Winter Park, FL 32789