

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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Summer Lovin'

Want to Get Your Groove Back?

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Nation's 50 Top
Cardiovascular
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ADVANCED AND INDIVIDUALIZED CARE

St. Joseph's Hospital Named One of the Nation's 50 Top Cardiovascular Hospitals

Excellence of top cardiovascular hospitals points toward opportunities to potentially save thousands of additional lives and billions of dollars in costs.

St. Joseph's Hospital was named one of the nation's top performing hospitals by Fortune and IBM® Watson Health®. The annual *Fortune/IBM 50 Top Cardiovascular Hospitals* study spotlights leading short-term, acute care, non-federal United States hospitals that treat a broad spectrum of cardiology patients. The study is designed to identify impartial, actionable, and attainable benchmarks for hospital and clinical leaders as they work to raise their own organizations' standards of performance in cardiac care.

"We're incredibly proud of the care our Heart and Vascular Institute provides," said St. Joseph's Hospital's President Kimberly Guy. "From the moment patients walk through our doors, we offer wrap-around care and services to treat all aspects of cardiovascular disease—from diagnosis to treatment to recovery. The fact that we are the only hospital in Tampa Bay to earn this award, underscores our efforts to provide extraordinary and compassionate care for our community."

This year's study included 951 U.S. hospitals with cardiovascular service lines. Compared to similar cardiovascular hospitals, this year's winning hospitals had better results on indicators intended to measure clinical outcomes, operational efficiency, financial performance and patient experience.

Based on the methodology used by *Watson Health*, the study concludes that if all U.S. hospitals' cardiovascular service lines performed at the level of these study winners, some 6,400 additional lives and roughly \$1.4 billion could be saved, and 5,000 additional bypass and angioplasty patients could be complication-free.

"Despite the challenges of COVID-19, the hospitals recognized on the Fortune/IBM Watson Health 50 Top Cardiovascular Hospitals list are providing quality care in one of the most critical areas," said Ekta Punwani, 100 Top Hospitals Program Leader, IBM Watson Health. "Hospitals are constantly working to improve clinical and operational performance, and the exceptional organizations on this list demonstrate the standard for top performing cardiac care. Their benchmarks serve as a real-world checkpoint for cardiovascular care across the U.S."



Alok Singh, M.D., (left) is Chief of St. Joseph's Hospital's Cardiology Department.

Each year, St. Joseph's Hospital performs over 500 open-heart surgeries, 600 interventional procedures, 900 diagnostic services and 11,500 diagnostic tests. Our nationally renowned Heart and Vascular Institute continues to grow in size and reputation, while providing exceptional patient experiences.

St. Joseph's Hospital has received the highest rating from the Society of Thoracic Surgeons for five consecutive years and last year received the Mission: Lifeline® STEMI Receiving Center – Gold Plus Award from the American Heart Association. This is the fourth year that St. Joseph's Hospital has been recognized as a Top 50 Cardiovascular Hospital by Fortune/IBM Watson. These combined honors put St. Joseph's Hospital among the elite institutions for treating cardiovascular disease.

"When heart patients arrive at St. Joseph's Hospital, we are committed to providing high-quality care that's focused on the best clinical outcomes," said Director of Cardiovascular Services Nanette Wilcox. "We make sure heart attack patients get immediate treatment by bypassing the emergency room. Our top-ranked open-heart surgery program is supported by world-class physicians and surgical teams. And our standardized approach to treating heart failure helps keep patients in their homes rather than in the hospital."



Andrew Sherman, M.D., is Chief of St. Joseph's Hospital's Cardiac, Vascular, Thoracic Surgery Department.

"We walk with patients through their journey, every step of the way," she added. "Our goal is that every heart patient in our community receives the highest quality of care and support from our skilled multidisciplinary team."

Earlier this year, St. Joseph's Hospital was named among the nation's 100 Top Hospitals by IBM Watson Health® for the fourth time. In addition, BayCare Health System, which includes St. Joseph's Hospital as one of its 15 hospitals, was recognized by IBM Watson Health as one of the top 20 percent large health systems in the country. This is the third year in a row that BayCare has been recognized with this honor.

The annual report highlights the top-performing cardiovascular hospitals in the U.S. based on a balanced scorecard of publicly available clinical, operational, and patient satisfaction metrics and data.

The winning hospitals were announced in Fortune. For more information, visit:
<https://www.ibm.com/products/50-top-cardiovascular-hospitals>

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BayCare Health System

Heart and Vascular Institute

StJosephsHeart.org

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.





Orange Looks Good

At Touchstone Home Care we offer independently contracted, certified CNA's to assist clients with daily living activities. The role in providing care is different with each client. Light cooking and housekeeping, transportation to medical appointments, bathing, shopping, companion care, medication reminders and exercise are a few of the services we provide each day. Touchstone currently has over 100 caregivers paired with clients, and we are always looking to hire more certified CNA's. We offer on-call services 24 hours a day seven days a week, so flexible scheduling allows us to help you meet your and your family's needs.

Do you want a job... or do you want a career? Are you looking to work for a local, women owned, women run business who make their team members AND their clients needs and wants a priority? A career where you are trained, mentored, and valued as a part of the team awaits you at Touchstone Home Care. When you wear the orange Touchstone uniform, you are recognized throughout our community as a highly trained, caring provider of high quality, personal health care services.

Why Touchstone Home Care?

- Competitive pay – starting at \$14 to \$20 per hour
- Sign On Bonus for new hires
- Referral Bonus when you refer another hire OR a new client
- Touchstone has relationships with many CNA schools in the area and can offer job placement as soon as you are certified by the state.
- Touchstone hires a diverse group of men and women caregivers who speak multiple languages.
- Touchstone provides staffing for several area senior communities. There is never a shortage of work. If you provide quality care to our clients, you will have all the hours you want.

Touchstone specializes in providing wellness on the front end. We offer a holistic approach to keep our clients healthy and at home as long as possible. Nutrition, essential oils, exercise, and movement to increase balance and mobility come before pills. We encourage all our home care specialists to establish rewarding one-on-one relationships with their seniors and families.

Our Touchstone home care specialists are trained to work with families to implement a personalized plan of care. Our goal is to provide compassionate care, always respecting the dignity of each person. Your career at Touchstone will be founded in changing the life and longevity of your clients.

At Touchstone Home Care, you won't just be a valued member of the Touchstone team, you will be a valued member of our clients home care team as well. Call Tammi at 813-426-7848 or visit TouchStoneHomeCareFL.com.



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

Treating Shoulder Pain Successfully with Radiofrequency

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

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

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

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

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

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

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



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

Surgery is Not Always the Answer

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

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

Nerve Blocks and Radio Frequency

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

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

The National Institute of Spine and Pain

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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).

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/internal component that affects cartilage.

The Truth About Cartilage Loss

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

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

What Causes Joint Pain?

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

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



Can We Re-grow Cartilage?

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

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., FAOASM – 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: 813-531-9229

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MIDWEST TRANSPLANT MAKAYLA GATES

Making South Tampa More Beautiful Every Day

How does a Registered Nurse from Terra Haute, Indiana end up a medical aesthetician at a growing med spa in Tampa, Florida? She chases her dreams, that's how! Evolutive Med Spa welcomes Miss Makayla Gates to their team of health care experts providing patient specific physical, mental, and emotional health all in one edgy and luxurious spot. Makayla joins a team of two Nurse Practitioners and two medical aestheticians who provide comprehensive services to keep you feeling, looking and functioning your best.

When asked her favorite services to provide clients, Makayla states she likes to channel her nursing training from Ivy Tech and perform regenerative microneedling, Illuminating Chemical peels and brow laminations. Brow laminations originated in Russia and gives your brows a full, slicked-up look with a high shine finish. This brow treatment addresses problems with thinning, gaps, over plucking, and unruliness.

After years as a medical surgical nurse, hospice nurse and Covid nurse left her bone tired and yearning for a change, Makayla and her mini Golden Doodle Nash loaded up and headed south in hopes that the beach and salty air of Tampa would rejuvenate her spirit and give her a fresh perspective on life. So Nurse Makayla enrolled in the Medical Aesthetician certification at the Academy of Esthetics in Ocala, Florida. Makayla states that she now feels she is making an impact on her clients in a new way. Every day she gets to make people feel beautiful inside and out. She can take time to invest in each patients whole health picture and not just patch up the current ailment. Makayla says the family oriented style of Evolutive helps men and women dig deep into their health at the cellular level and address health issues from the inside out.

In fact, when I asked Makayla what she would recommend to a spouse wanting to treat their partner to a day at the spa, she was quick to say that every person should have a complete hormone panel drawn yearly to ensure your body is working at optimum levels. Research has found that low hormone levels directly impact your energy, muscle



and fat mass, metabolism, libido, cholesterol levels, blood pressure and development of illness and diseases like diabetes, cancer and cardiovascular disease. A complete hormone panel and consultation at Evolutive Spa can address symptoms of hormone deficiencies such as hot flashes, night sweats, poor sleep, lack of energy, inability to loose weight, mood swings, depression, anxiety, decreased sex drive, vaginal dryness, erectile dysfunction, osteoporosis or joint pain, loss of focus and chronic fatigue. If any of these symptoms plague you, a hormone imbalance could very well be the problem. The team at Evolutive can customize your Bioidentical Hormone Replacement Therapy regimen with pellets, injectables, sublinguals, orals, topicals or nasal sprays.

So what is the best way to treat your mind, body and soul and packs the most bang for your beauty buck? The Evolutive Society is a membership designed for the person who desires regular treatments to preserve and maintain their total body health. A membership is a \$100 monthly draw from your bank account or credit card and serves as a Evolutive savings account. Society members receive the best pricing on all services and treatments. As a member, you receive a monthly newsletter, coupons for a monthly special and first access to being demo models for new treatments, injectables and devices before anyone else.



Makayla Gates, Registered Nurse, Medical Esthetician

Makayla and the group of fantastic ladies at **Evolutive** are knowledgeable, trained and ready to help you find your inner Zen. Stop by the West Kennedy Boulevard modern med spa where their clinicians focus on evolving a better you. Makayla can't wait to meet you.

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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.



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.

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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.

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](https://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](https://neurcumin.com). You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

available at **amazon**



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.



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 Gain-wave 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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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 (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as top doctors by U.S. News & World Report.

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

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

For more information,
visit **FLCancer.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.

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!



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THIS IS NO TIME FOR PAIN

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