

T A M P A B A Y ' S

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

July 2022

Pasco/North Tampa/New Tampa Edition - Monthly

[www.healthandwellnessFL.com](http://www.healthandwellnessFL.com)

 **FREE**



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

See Page 10

**Regenerative  
Options for  
Hip Labrum Tear**

See Page 7

**Robotic Technology  
Offers Precision  
for Surgeons**

**Fast Recoveries  
for Patients**

See Page 6

**Do You Really Need  
a Hysterectomy?**

See Page 12



**Martha E. Sheils, DO**  
American Osteopathic Board  
of Family Physicians

# Family Medicine

**Physicals and Wellness Visits  
Family Planning, Preventative  
Health Care, Women's Health &  
Chronic Disease Management**

**FLORIDA MEDICAL CLINIC**

16646 N Dale Mabry Hwy  
Tampa, Florida 33618

**813-908-5253**

*Se habla español  
Accepting new patients  
Schedule your appointment today!*



**Your life. Our specialty.**

# It's not just an ID badge. It's a badge of honor.

## Do you have what it takes to wear it?

BayCare is ranked a top-performing large health system and a best place to work. We promote a forward-thinking philosophy that's built on a foundation of trust, dignity, respect, responsibility and clinical excellence. BayCare is committed to encouraging a culture of inclusion that's reflective of the communities we serve. So if you share these same values and want to join a team where everyone makes a difference every day, we're looking for you.

Be your best at BayCare. Learn more about our career opportunities:  
[BayCareCareers.org](http://BayCareCareers.org)



Morton Plant North Bay Hospital  
St. Joseph's Hospital-North



BayCare is an Equal Opportunity Employer. IBM Watson Health® Top Health Systems study and Tampa Bay Times Top Workplaces.

22-2135950-0422



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



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



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

Tammi Mara & Nicole Tegeler, Owners

## 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](mailto:Info@ParveenVahoraMD.com)

[www.ParveenVahoraMD.com](http://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](http://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](http://stpete.woodhousespas.com)

# CONTENTS

## JULY 2022

- 6 Robotic Technology Offers Precision for Surgeons, Fast Recoveries for Patients
- 7 Regenerative Options for Hip Labrum Tear
- 8 Let us Share our Experts with You
- 9 Why It's Important to Build a Long-Lasting Relationship with Your Healthcare Provider
- 10 Finally, There's Real Relief for Lower Back Pain
- 11 Alzheimer's Disease & Brain Health
- 12 Do You Really Need a Hysterectomy?
- 14 Neuropathy Can Be Treated With Advanced Technology, But Not All Providers Offer This Therapy
- 16 Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?
- 17 9 Tips to Prevent Alzheimer's Disease
- 18 Wisdom Teeth: What You Should Know About Your Treatment Options
- 19 Spiritual Wellness: Failure is a Part of Growth

## 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.

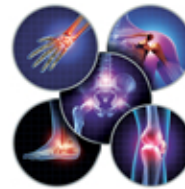
To get your article published and for ad rates, call  
**Tampa/Pasco 727.515.2353**

©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.

## 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](http://www.nationalinstituteofpain.org)

email: [appt@nationalinstituteofpain.org](mailto: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



»» [www.hyperbariccentersofflorida.com](http://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**

# Robotic Technology Offers Precision for Surgeons, Fast Recoveries for Patients

**S**urgical robots have come a long way since they were first introduced in the mid-1980s. Fine-tuned through decades of research and development, they now feature high-tech arms with finger-like pincers for holding surgical instruments and cameras for enhanced vision, navigation and control. In the capable hands of surgeons, today's surgical robots can help provide some of the most effective and least invasive treatments available.

"Robotic surgery has changed how we operate," said Dr. Elizabeth Myers, a robotic fellowship-trained colorectal surgeon affiliated with St. Joseph's Hospital and the Cancer Liaison Physician to the American College of Surgeons for St. Joseph's Hospital's Cancer Institute. "The technology allows us to see beautiful anatomy in three dimensions in some of the smallest spaces of the body."

For example, robotic instrumentation allows Dr. Myers to operate deep in the pelvis with less risk for nerve injury and bleeding compared to open surgery. Her patients often go home after just a few days taking only acetaminophen and ibuprofen for pain.

"We are fortunate to have skilled robotic surgeons across multiple disciplines, which allows for complex operations to be carried out simultaneously by colorectal surgeons, gynecologic oncologists and urologists," said Dr. Myers. "As such, we're able to offer patients highly complex surgery in a minimally invasive fashion."

Surgeons are known for their steady hands. But it's tough to compete with the stability of a machine. Surgical robots – sometimes called "co-bots" – work collaboratively with surgical teams, combining the surgeon's medical expertise with the robot's mechanical precision. This teamwork lets surgeons perform complicated tasks with superhuman dexterity.



Surgeons are always in control of surgical robots. Prior to operating these machines, BayCare surgeons complete specialized training that has equipped them with the knowledge and experience to work safely and effectively.

"A surgeon performs a series of courses overseen by a panel of expert surgeons from around the country," said Dr. William Cooper, an orthopedic surgeon affiliated with Morton Plant North Bay Hospital, who has a particular focus on minimally invasive anterior hip and partial knee replacements. "Proficiency is demonstrated by doing the surgery multiple times on cadavers under their direct supervision before certification is obtained. Additionally, many orthopedic surgeons will perform 'flight simulation' demos, where practice runs are performed so that the operating room staff can become confident in the flow and their role in the surgical procedure.

"In short," he added, "lots and lots of practice."

Demand for robot-assisted surgeries has risen in recent years, driven by reported benefits for patients and surgeons. Dr. Vriti Advani, a general surgeon affiliated with Winter Haven Hospital, said robotic technology helps improve the overall experience for patients and surgeons.

"Patients often experience smaller incisions, less pain and earlier recovery times with robot-assisted surgeries compared to standard open surgery,"

said Dr. Advani, who has special interest in robotic surgeries for acid reflux, hernias and pancreaticobiliary procedures. "My patients often get to go home on the same day as their surgery. For surgeons, robotic technology allows for enhanced dexterity and optimizes their ability to see all the tissues in high-resolution detail."

Robotic surgeries have become popular among athletes, geriatric patients and the general population. This treatment approach is desirable for anyone who wants to limit their hospital stay without compromising the quality of their care.

In the end, the use of a surgery robot is up to the physician. But while surgeons sometimes prefer a traditional approach for certain procedures, BayCare's list of robotic surgery services continues to grow. BayCare hospitals offer dozens of robot-assisted procedures including colorectal, gynecological, thoracic, prostate, pediatric, urologic, bariatric and general surgeries.

Patient outcomes and experiences are of utmost importance to surgeons like Dr. Advani. That's why she said she earned her credentials to perform robot-assisted surgeries with BayCare.

"As a surgeon who performs a wide variety of surgical procedures, robotic technology allows me to offer patients minimally invasive approaches to surgeries," she said. "My favorite part about operating with these robots is that I have the ability to essentially operate with four hands at the same time, and control the movement of the robotic camera with my eyes and feet. It's such an efficient way to operate and decreases operating time for my patients."



# Regenerative Options for Hip Labrum Tear

By: James Leiber, DO

## Hip Labrum Tears

Think of the hip labrum as a gasket that surrounds the rim of the socket where the hip bone attaches. Its job is to assist hip stability, and when injured or torn, it can cause pain and catching of the joint. If you've failed or neglected conservative treatment such as physical therapy and rest, a common treatment for hip labral tears is arthroscopic surgery to remove the torn labrum.

Arthroscopic surgery for a labral tear consists of cutting out the damaged tissue because it can rarely be sewn back together. This method has generated an entire multibillion-dollar surgical industry in which there is very little hard evidence of success. Removing the labrum does not ultimately fix the problem long-term. In fact, it may cause more stability issues and increased susceptibility to arthritis over time.

Luckily, there are alternatives to invasive surgery. If your primary complaint is pain and you have no "locking" symptoms, you should consider forgoing surgery and looking into Regenexx procedures, depending on the degree of your problem. If arthritis is already present in the hip, then Regenexx Bone Marrow Concentrate (BMC) procedures, which use stem cells from your own body to help repair damaged tissue, could help in treating both the labral injury and your arthritis.

## Precise Injections or Interventional Orthopedics

Not all injection skills are created equal. Physicians should be highly skilled in image-guided injection procedures, requiring intensive training. Many providers offering platelet-rich plasma (PRP) or Bone Marrow Concentrate are injecting low-quality products, utilizing low-level injection skills.

How the product is made, and precision placement, matter. Most of what your family doctor, a physician extender at a chiropractic office, or even an orthopedic surgeon knows how to do are simple injections. Even worse, some providers are injecting these products in an IV, or randomly somewhere near the vicinity of the problem, and telling patients that "stem cells know where to go." Our advice is to run the other way.

Another thing to avoid is the fraudulent advertising and use of birth tissue products derived from umbilical, placental, and amniotic tissue. Although

these tissues have living stem cells at the time of birth, the products sold are devoid of living stem cells, as documented by multiple independent laboratories. Not to mention the fact that the FDA requires that these products be devoid of living cells, otherwise they'd need to go through FDA-approved clinical trials (which no manufacturer has done).

The same can be said about stem cells derived from fat tissue. Again, the FDA considers this to be a drug and it is currently not allowed in the U.S. Right now, there are opportunists who are negatively impacting the reputation of a valid and successful medical approach, done by highly skilled and compassionate physicians, in order to make a buck.

The interventional orthopedic procedures we are discussing here are quite different. Regenexx has the largest database registry in the world, tracking patients for safety and outcomes utilizing their protocols. We understand who is and isn't a candidate.

## A Hip Labrum Tear Regenexx Procedure with Ultrasound and Fluoroscopy

Ninety-nine percent of all the injections that you could get in your hip tomorrow are not specifically targeting tears in your hip labrum. Precise hip labrum BMC procedures have not traditionally been taught to physicians or other providers. Regenexx physicians have all been trained through the Interventional Orthopedics Foundation (IOF).

By using real-time X-ray imaging and ultrasound, we can ensure that the BMC is placed in the exact location of the tear.

In conclusion, you may not need surgery to treat a labral tear. By using repair cells from your own body, precisely injected into damaged tissue under the direction of a skilled physician, you can experience similar results and relief from pain.

**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



**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.

**Ignatias 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"**



# Let us Share our Experts with You

**T**ouchStone Home Care specializes in working with seniors and their family who may need help to continue living at home and requires assistance with their activities of daily living. Our home care specialist can assist seniors and our broad range of services can be individually tailored to meet your family's unique needs and preferences. TouchStone can provide the necessary living assistance that allows seniors to remain independent and living in the freedom of their own home or assist them while they are in a residential facility.

TouchStone is dedicated to providing compassionate private duty care you can trust. With TouchStone by your side, seniors can remain in the comfort of their own home for as long as possible. Those with mild to severe mobility or incontinence challenges can continue to live safely and comfortably at home. We tailor our services to your unique situation and adjust as your needs evolve and change over time. We provide dependable, compassionate care at all levels including specialty care for those with Alzheimer's or other forms of dementia.

Wellness services for seniors sets TouchStone apart from other home health providers. We offer educational lectures on topics for seniors and their families on topics unique to the ever-changing health care, legal and medical issues seniors face. Our "BE AGELESS" series speakers are experts in their fields and speak to groups at senior centers, residential facilities, assisted living facilities and memory care centers. Below are some of the informative topics we have included in our "BE AGELESS" series:

**Physical Health:** Age-related medical ailments and other physical conditions can obviously have major impacts on senior health. News, information, and relevant guidance in this area are often useful for helping older adults prevent or minimize those impacts and extend their vitality.

**Exercise:** Staying in shape is often a big part of maintaining good elder health. Even moderate amounts of regular physical activity can help stave off disease and improve a person's overall well-being. That's why exercise and recreation are essential health topics for seniors.

**Mental Well-Being:** Our inner thoughts and emotional lives play a bigger role in our actions and outcomes than we often realize. That's why mental wellness is one of today's most important senior health issues. Everyone, regardless of age, can benefit from a better understanding of it.

**Social Vitality:** Friends, family, and even casual acquaintances all contribute to a person's sense of connection to the world. Our relationships and social interactions give us purpose and meaning. As a result, they also play big roles in fostering good senior health and wellness.

**Seniors' Nutrition:** Your food choices can have big impacts on your well-being. For instance, healthy eating habits can improve your energy levels, boost your immune system, and make you feel great inside and out. For some older adults, they can even help restore feelings of youthfulness.

**Power of Attorney:** As we age, some of us eventually lose the ability to handle our own affairs. That's why you're smart to find out how to get power of attorney (POA) for a parent who is sick, disabled, or experiencing mental decline. But even if your parent is in good health right now, it's wise to plan for potential challenges. You simply never know when an injury or illness may take away your mom or dad's capacity to manage finances or make important decisions about medical care. In fact, the best time to start considering power of attorney is before a parent requires any caregiving.

**Long Term Care Insurance:** Long-term care (LTC) insurance is a type of financial product that can help you cover the costs of home care services or an extended stay in a nursing home, assisted living residence, memory care facility, or hospice. It provides a way to ensure that you and your family will be able to afford your care if you eventually need assistance with two or more activities of daily living. When you purchase an LTC policy from an insurance company, you pay a certain amount of money (i.e., a premium) each month in exchange for a guarantee that your future care costs will be covered in accordance with the specific terms of your agreement.

**Essential Oils:** As we age, we might lose our sense of smell. But aromatherapy is not dependent on our sense of smell. Molecules still travel through the nasal passage to the limbic system, and the results are the same whether one can smell the oil. The limbic system supports a variety of functions, including emotion, behavior, motivation, long-term memory, and olfaction.

**Behavior Difficulties in the Elderly:** Caregivers of aging family members often must deal with increasingly unusual, unruly, and embarrassing behavior from an aging family member or care recipient. These behaviors can range from the mild, like refusing to bathe, to personality changes, temper tantrums, and hallucinations. Sometimes, the acting out is an extension of the way the person has always acted. Sometimes though, the behaviors indicate a serious new health issue like depression, a urinary tract infection (UTI), or dementia.

Please join us at any of these free seminars and ask questions of our experts. We enjoy meeting new clients and taking care of new friends at TouchStone Health Care.



To find out more, please visit  
[www.touchstonehomecarefl.com](http://www.touchstonehomecarefl.com),  
call 813-426-7848 or email  
[TouchStoneHomeCare@gmail.com](mailto:TouchStoneHomeCare@gmail.com).

FL License #30211974



# Why It's Important to Build a Long-Lasting Relationship with Your Healthcare Provider

**W**hen you see your physician regularly, your overall health is maximized because you and your healthcare provider have a better understanding of your health history. In addition, they communicate with the specialists that you see, they take notice of changes in your health more readily, and they keep track of any screenings or tests that you are due to take.

Dr. Martha Sheils is a family medicine practitioner who specializes in providing regular check-ups and screenings. She treats ages 12 to 112+ and builds quality relationships with her patients to help maximize their overall health and treatment plans.

Dr. Sheils sheds light on her practice and what's important to her in patient care.

**H&W: Share with us a little information about your background.**

**Dr. Sheils:** I was born and raised in Miami. I always knew I wanted to be in healthcare because I'm naturally inclined to help others, and I love science and how the body works. Being a Doctor of Osteopathic Medicine allows me the opportunity to treat the "whole" person in a traditional sense of medicine and also in a more holistic approach. Blending these two practices provides patients with optimal care and outcomes.

After I completed my training in Miami, I moved back to the west coast of Florida and lived in the Bradenton-Sarasota area for 20 years. We moved to Tampa Bay three years ago to be closer to our three adult children.

**H&W: How do you view each patient?**

**Dr. Sheils:** I approach all of my patients as if they are family. I try to guide and help them make better decisions for their overall health. But I always tell them, "I can preach all I want and explain why it's critical to make lifestyle changes or get regular lab work or screenings, but it's still up to you to take action." In my practice, we do our best to help each and every person in a positive way and supply them with the tools they need to maximize their health.



**H&W: I understand the office is moving to Carrollwood, and you're taking over Dr. Marty Odom's practice.**

**Dr. Sheils:** Yes, Dr. Odom was here for a very long time, and his patients loved him, so we will have to do our best to carry on Dr. Odom's tradition. I believe that once patients have their initial visit with us, they will trust and understand that we are here to help them in many aspects of their health.

**H&W: You came to Florida Medical Clinic in November of 2021; how has your experience been with FMC so far?**

**Dr. Sheils:** WONDERFUL! It's a very positive place to be a part of a team. The healthcare my peers and I provide and the specialties we offer are exceptional. Our standards are incredibly high, and we have access to everything we need to practice medicine in a safe environment within state-of-the-art facilities. Florida Medical Clinic does a really great job of supporting the patients and physicians.

#### Florida Medical Clinic

At Florida Medical Clinic, we are dedicated to one very important thing. Keeping you healthy. And that's because we look at healthcare through a simple but very different lens. We offer a comprehensive range of preventative care services and chronic disease management programs to get – or keep – you healthy. Our team of compassionate and experienced medical providers routinely monitor your health. By proactively identifying gaps in care, we can get ahead of medical concerns before they become medical conditions. This is the kind of healthcare that keeps you focused on what's most important. Enjoying your life.



#### Martha E. Sheils, DO

*Dr. Sheils is a board-certified Doctor of Osteopathic Medicine (DO) in the department of Family Medicine at Florida Medical Clinic. Before joining FMC, Dr. Sheils served as a Captain of the United States Air Force Reserves. As a family medicine provider, Dr. Sheils specializes in helping patients manage all aspects of their health—from regular check-ups to preventative medicine, chronic care management, women's health, and much more.*



Your life. Our specialty.

Schedule your appointment today:

**813-908-5253**

[www.floridamedicalclinic.com](http://www.floridamedicalclinic.com)



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

Dr. Sunil Panchal

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

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

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

## The Symptoms of SI Joint Instability:

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

## Sacroiliac Joint Instability Causes

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

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



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with The National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

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

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

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

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

At The National Institute of Spine & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and

Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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

## The National Institute of Spine & Pain

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

(813) 264-PAIN (7246)

[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)

# Alzheimer's Disease & Brain Health

**B**y now, most of us have heard the horrifying statistics that nearly 6 million Americans have Alzheimer's disease or other forms of dementia, and that number is expected to triple by 2050. However, many people don't realize that out of that staggering number, most of the individuals are women. To make it resonate even further, about 3.6 million are women.

The reasons for this ratio are not concrete, but many researchers attribute it to lifestyle factors such as stress and hormonal imbalance. It is becoming better known that genetics may play a role in the disease, as well as toxins, chemical exposure, and lifestyle choices (diet and sedentary lifestyle), but there are things you can do to stave off the progression and onset of the condition.

Alzheimer's Disease is not curable with medications. Some drugs are thought to deter the progression of the disease, but now, research is showing that it might not be an optimal treatment long term as the plaque that forms may be more of a protective measure. Taking matters into your own hands and living a healthy lifestyle are essential tools, and the earlier you start, the better.

## Interventional Research

A few years ago, a cognitive study incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets, and performance studies three to four times per week.

**The multi-domain intervention group's protocol consisted of:**

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

The study concluded that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and lower metabolic risk factors.



## Diet

All diets should be customized to each person's needs, but it's apparent that diets high in sugar and processed carbohydrates are contributing to neurodegenerative disease states by increasing inflammation in the brain and body. Eating a diet rich in healthy fats, fish, vegetables, and berries is optimal. Limiting alcohol consumption is also very important for brain health. It is well documented that alcohol shrinks the brain.

*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](http://astongardens.com).**



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316





# Do You Really Need a Hysterectomy?

By Parveen Vahora, M.D.

**F**or women that have disorders of the uterus or other reproductive organ conditions, a hysterectomy is often recommended. However, in some cases, other options should be considered first, such as with endometriosis, pelvic organ prolapse, and certain cancers. This is especially the case, if women are still interested in trying to conceive. Other options can include medications, hormone therapy, ablations, surgery, or other minimally invasive procedures.

It's not uncommon for women to experience heavy bleeding due to fibroids or cysts at various stages in their life, but for many women endometriosis is often the primary disorder causing their ongoing issues. Endometriosis and intrauterine disorders can cause excessive bleeding and pain. For older women that are finished having children, gynecologists often recommend hysterectomy. The same holds true for women that are finished having children and may have complications due to cancer, ovarian cysts or tumors.

Deciding to have a hysterectomy is a big decision because once the reproductive organs are removed, hormone replacement therapy is absolutely necessary for overall wellbeing and health. However, in many cases, hysterectomy will be recommended as the optimal procedure for a women's overall health.

## What if I need a Surgical Hysterectomy?

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

Dr. Vahora says "It is Not Your Grandmother's Hysterectomy®." Those who have a minimally invasive procedure typically return to normal activities in a few weeks. Women who have minimally invasive surgery have a faster recovery, less pain and less scarring. Traditional hysterectomies require an average hospital stay of five to seven days, and complete recovery may require up to two months. If you are a candidate for a minimally invasive procedure, you could return to your normal life in a much shorter time and experience a less painful recovery.



"Not Your Grandmother's Hysterectomy®," makes a monumental difference for patients.

Dr. Vahora is a pioneer for the DaVinci robotic surgery and in fact performed the first single-site hysterectomy in North Pinellas county. The benefits are numerous, such as shorter recovery times, less pain, and less scarring.

## After Hysterectomy Do I need to See my GYN?

Women that have undergone hysterectomy may think that they no longer need to see their gynecologist, but that is not true, and it is dangerous to put off gynecological wellness visits. Many issues can arise even after hysterectomy. It is advised that women continue with their yearly wellness exams and routine checkups.

Don't just live with your gynecological problems or discomfort, get the relief and new beginning that you are worthy of.

Contact us today to schedule an appointment and/or your Mona Lisa Touch consultation at [Info@ParveenVahoraMD.com](mailto:Info@ParveenVahoraMD.com) or during office hours call (727) 376-1536 or use our text line (813) 548 4412.

To find out more, please visit [ParveenVahoraMD.com](http://ParveenVahoraMD.com) or email [info@ParveenVahoraMD.com](mailto:info@ParveenVahoraMD.com).

## Parveen Vahora, M.D.

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

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

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



## Cammie Acevedo, APRN

Cammie is a board-certified Nurse Practitioner with the American Association of Nurse Practitioners. Her academic background includes a Masters degree in Nursing from Chamberlain College of Nursing. Her previous nursing experience includes Labor and Delivery, Mother/Baby and Trauma/Surgical Intensive Care as well as working as an Advanced Practice Nurse in Family Medicine. With an extensive career in Women's Health, she has a passion for empowering women and she truly enjoys being able to provide high quality care while improving the lives of women through promotion of mental, physical, and sexual health and wellness. As a busy mom of 5, she enjoys spending time with her family attending sporting events and visiting different beaches when she's not providing patient care.



## 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





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

BY DR. ROBERT LUPO, D.C.

**N**one of us are impervious to aches and pains, but for numerous individuals chronic tingling, numbness, and pain disrupts their lives on a daily basis. In the United States, neuropathy affects close to 25 million people. Neuropathy symptoms are typically a heavy sensation in the limbs with numbness, tingling and pain.

Many people only associate neuropathy with diabetes, but that percentage makes up about 30% of the population affected. Other causes of the disorder are viral conditions, immune disorders, trauma, celiac, radiation therapy, chemotherapy, vascular disease, and alcohol use disorder, to name a few. Neuropathy can become debilitating.

**What you don't want to do is ignore your symptoms. Treatment is critical to get you back to living and enjoying your life.**

## Traditional Treatments

The most common treatment for nerve damage is to mask it with prescription medications. Unfortunately, these medications are addictive and only act as a band aid. Getting to the root cause of your neuropathy is critical.

## A Better Treatment Option

there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

## Advanced Treatment with Quantum Technology Gets to the Root Cause

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

## RST Sanexas: Is NOT a TENS unit device

For three decades, RST Sanexas' ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.



In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represent 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

**How Sanexas Technology Relieves Neuropathic Pain**  
Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and sub-atomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.

Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will

vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

**This procedure is covered by Medicare and most insurance carriers.**

## Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

## Dr. Robert Lupo, D.C.

*Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken post-graduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.*

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

Source: <https://www.rstsanexas.com/science>

physical  medicine  
center

*where wellness and beauty meet*

**Physical Medicine Center, Inc.**

14522 University Point Place  
North Tampa, Florida 33613

813-978-0020



***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](http://www.mybackinplace.com)**

**14522 University Point Place, North Tampa, Florida 33613**

# Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

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

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.<sup>1</sup>

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 at the person's personal discretion. 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.

References:

1. Z Ding, *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review*, *Interv Neurol*. 2014 Aug; 2(4):201-211.



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.

**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.

 **Hyperbaric Centers of Florida**  
[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)



# 9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

**A**lzheimer'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](http://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".

<b>P</b>	Purpose and life direction
<b>R</b>	Relax and rejuvenate
<b>E</b>	Exercise daily
<b>V</b>	Very positive outlook
<b>E</b>	Engage in social interactions
<b>N</b>	No head injuries
<b>T</b>	Toxin avoidance
<b>A</b>	Activities that stimulate your mind
<b>D</b>	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](http://Neurcumin.com). You may also call 727-289-7139 or email us at [strokenerd@gmail.com](mailto: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.

# Wisdom Teeth: What You Should Know About Your Treatment Options

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

There are many myths versus facts on wisdom teeth and the need for removal at certain ages. Dr. Lázaro recommends the following informative article published by the American Dental Association (ADA) to help patients navigate treatment options.

One major dental milestone that usually takes place between the ages of 17 and 21 is the appearance of your third molars. Historically, these teeth have been called wisdom teeth because they come through at a more mature age.

When they come through correctly, healthy wisdom teeth can help you chew. It's normal to feel a little discomfort when your wisdom teeth appear; however, wisdom teeth predominantly erupt with impaction or other complications and can cause pain and bleeding of the gingival tissue.

## The Issue with Wisdom Teeth

Wisdom teeth can lead to problems if there isn't enough space for them to surface or they come through in the wrong position. If your dentist says your wisdom teeth are impacted, he or she means they are trapped in your jaw or under your gums.

As your wisdom teeth make their way through your gums, your dentist will monitor your mouth for signs of the following:

- Wisdom teeth that aren't in the right position can allow food to become trapped. That gives cavity-causing bacteria a place to grow.
- Wisdom teeth that haven't come in properly, which can make it difficult to floss between the wisdom teeth and the molars next to them.
- Wisdom teeth that have partially come through can give bacteria a place to enter the gums and create a place for infection to occur. This may also lead to pain, swelling and stiffness in your jaw.
- Wisdom teeth that don't have room to come through are thought by some to crowd or damage neighboring teeth.

- A wisdom tooth that is impacted can form a cyst on or near the impacted tooth. This could damage the roots of nearby teeth or destroy the bone that supports your teeth.

## Why You Might Need to Have Your Wisdom Teeth Removed

Every patient is unique, but in general, wisdom teeth may need to be removed when there is evidence of changes in the mouth such as:

- Pain
- Infection
- Cysts
- Tumors
- Damage to neighboring teeth
- Gum disease
- Tooth decay (if it is not possible or desirable to restore the tooth)

Your dentist may also recommend removal of wisdom teeth as part of treatment for braces or other dental care.

## Patients and Referring Dentists

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

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

## What Kind of Oral Surgery Procedures Does Pinellas Oral Surgery and Implant Center Provide?

At Pinellas Oral Surgery, they provide a wide variety of Oral Surgery and Implant services, which include the following:

- Third molar (wisdom teeth) removal
- Extractions of compromise teeth
- Pre-prosthetic surgery
- Dental implants
- Bone grafting procedures
- BioActive Modifiers (Platelet-Rich Fibrin)
- Ridge augmentation
- Sinus augmentation
- Cone Beam Computer Tomography (CBCT) scans
- IV sedation
- Surgical procedures to aid Orthodontic Treatment

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

## Patients Always Have a Choice

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

Source:

ADA.org, <https://www.mouthhealthy.org/en/az-topics/w/wisdom-teeth>

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



## About Dr. José F. Lázaro

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

Dr. José F. Lázaro has been active in providing Oral and Maxillofacial services to the Veterans Administration, Private Practice, and has also been involved in Academia for over 30 years.

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



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

727.467.2759

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

# Failure is a Part of Growth

By Pastor Timothy L. Neptune

**T**he Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

*Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com).*

# 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