

T A M P A B A Y ' S

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

July 2022

St. Petersburg/St. Pete Beach Edition - Monthly

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

 **FREE**



**Regenerative  
Options for  
Hip Labrum Tear**

See Page 7

**Let us Share  
our Experts  
with You**

See Page 11

**Add Some  
"Spa Therapy" to  
Your Independence**

See Page 9

# Dental Implants and Oral Surgery in St. Petersburg, Florida

Experienced, Compassionate Oral Surgery and Dental Implants by Dr. José F. Lázaro in Pinellas County



## Dr. José F. Lázaro

Over the past 30+ years of practicing Oral Maxillofacial Surgery, Dr. Lázaro has received several awards and achievement recognitions and has published articles.



“

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

”

## Our Services

We provide oral surgery, dental implant, and wisdom teeth removal services in St. Petersburg, Florida.

### Oral Surgery



Oral surgery encompasses a number of procedures that can address current oral health problems and prevent future issues from occurring.

### Dental Implants



Dental implants are an aesthetic pleasing and functional solution to the problem of missing or damaged teeth.

### Wisdom Teeth Removal



Wisdom teeth removal is a common procedure that alleviates pain and prevents complications caused by incoming wisdom teeth.



Pinellas Oral Surgery  
AND IMPLANT CENTER

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

To schedule your appointment, please call **727-467-2759**, or visit **PinellasOralSurgery.com**

# As our community grows, so does our ability to care for it.

## Our new patient tower is open.

For 90 years, St. Anthony's Hospital has treated the community with extraordinary, compassionate care. That continues with our newest project: a 90-bed patient tower, featuring all private rooms, plus a new lobby and Seventh Avenue entrance. We've also renovated select cardiovascular and respiratory spaces and moved and upgraded the cafeteria and dining area. This expansion increases our ability to offer even better care and an enhanced patient experience. As the needs of our community grow, so does our commitment to meeting them at St. Anthony's Hospital, the only BayCare hospital in St. Petersburg.



Learn more: [StAnthonys.org](https://www.StAnthonys.org)





**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.**

# CONTENTS

## JULY 2022

- 6 St. Anthony's Heartburn and Swallowing Center Offers Relief for Digestive Diseases
- 7 Regenerative Options for Hip Labrum Tear
- 8 Wisdom Teeth: What You Should Know About Your Treatment Options
- 9 Add Some "Spa Therapy" to Your Independence
- 10 Why It's Important to Build a Long-Lasting Relationship with Your Healthcare Provider
- 11 Let us Share our Experts with You
- 12 Finally, There's Real Relief for Lower Back Pain
- 14 Alzheimer's Disease & Brain Health
- 15 Spiritual Wellness: Failure is a Part of Growth

### CONTACT US

OWNER / ACCOUNT EXECUTIVE

**BOB GUCKENBERGER**

(727) 515-2353

[bobguckenberger@gmail.com](mailto:bobguckenberger@gmail.com)

CREATIVE DIRECTOR

**SONNY GRENSING**

[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)

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

To get your article published and for ad rates, call  
**St. Petersburg/St. Pete Beach**  
**Bob Guckenberger - 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.



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)

### 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

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

# St. Anthony's Heartburn and Swallowing Center Offers Relief for Digestive Diseases

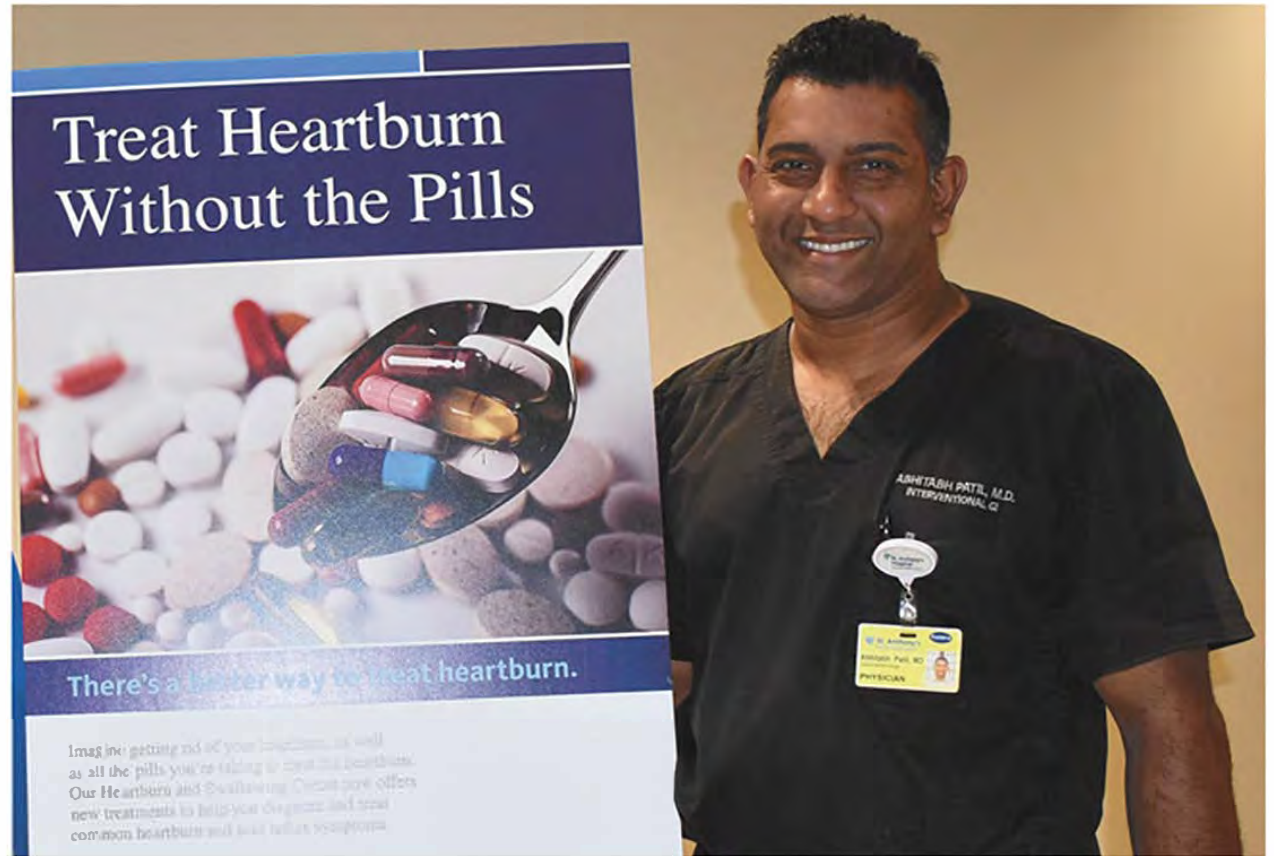
**A**ccording to the National Institutes of Health (NIH), about 20 percent of Americans suffer with gastroesophageal reflux disease (GERD), a chronic digestive disease that occurs when stomach acid frequently rises up into the esophagus. When the stomach acid reaches the lining of the esophagus, a burning sensation in the chest or throat occurs.

Since 2019, the St. Anthony's Hospital Heartburn and Swallowing Center has been helping patients who suffer with GERD and other swallowing disorders. More than 500 patients have been seen since the center opened.

"We use the latest diagnostic technologies and minimally invasive surgical therapies to provide relief for our patients," said Abhitabh Patil, MD, a gastroenterologist, who serves as one of the center's medical directors. "There is no need to suffer with this disease. Once a diagnosis has been made, we're here to help."



Kevin Huguet, MD, a surgeon who offers minimally invasive surgical solutions, is the center's other medical director. He is pictured with Jackie Burns, who is the center's nurse navigator.



Abhitabh Patil, MD, a gastroenterologist, serves as one of the center's medical directors.

Although gastroesophageal reflux, or GER, is common in adults, the NIH said that when it occurs more than twice a week over several weeks, that is classified as GERD and can lead to more serious health problems. The most common symptom of GERD is heartburn but other symptoms may persist, such as regurgitation, nausea, difficulty swallowing, chronic cough and laryngitis.

Patients with those symptoms can be referred to the center by a physician or can contact the center themselves. After an initial consultation, nurse navigator Jackie Burns provides patients with options and direct referrals to the specialists in the center.

In addition to Dr. Patil, physicians with the center who offer specialized testing and advanced endoscopic treatments are gastroenterologists Neil

Bajwa, MD; Chetan Desai, MD; and Mihir Patel, MD. Kevin Huguet, MD, a surgeon, offers minimally invasive surgical solutions. Dr. Huguet also serves as a medical director for the center.

One surgical procedure offered is the LINX®, a small ring of magnetic beads that is placed around the esophagus just above the stomach. It prevents regurgitation of gastric acid into the esophagus.

"The center is there to help when patients are no longer receiving relief from the medications they are taking," Dr. Huguet said. "We also have seen patients who have been on the medications for so long that they want to find a solution to help them get off their medications."

For more information, please contact the Heartburn and Swallowing Center for a free consultation at (727) 953-9159.



# 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:  
727-493-9971**

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.

**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"**



# 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)



# ADD SOME “SPA THERAPY” TO YOUR INDEPENDENCE!

By Ginger Lettelleir

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

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

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

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

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

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



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

#### The Woodhouse Day Spa-St. Pete

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

THE WOODHOUSE  
*day spa*®

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



#### Facials & Skin Care

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



#### Massage & Body Therapy

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



#### Specialty Treatments & More

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

# 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)**

# 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.



  
**TouchStone**  
 HOME 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



# 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

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

(813) 264-PAIN (7246)

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



## 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



# 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



# 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