

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

August 2022

St. Petersburg/St. Pete Beach Edition - Monthly

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 **FREE**



**5 Reasons to
Avoid Knee
Replacement
Surgery**

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**Innovative
Ways to Manage
Brain Fog &
Other Unique Symptoms of
Long COVID**

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

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RELIEF FOR LONG COVID SYMPTOMS IS HERE IN TAMPA

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Tammi Mara & Nicole Tegeler, Owners

What You Should Know About Cognitive Decline

Dr. London Butterfield became increasingly interested in the world of neuropsychology and brain health after reading, *The Man Who Mistook His Wife for a Hat and Other Clinical Tales*, written by a neurologist. There are many areas and aspects of cognitive functioning that can become impaired, as we age, or with traumatic brain injury or health conditions such as stroke, but we're all too familiar with the growing epidemic of dementia.

According to the CDC, 6.2 million Americans have dementia, and that number is expected to triple by 2050. What can we do to prevent and treat this harrowing disease that robs individuals, their families and loved ones of their memories, personality, and familiar way of life?

What is Dementia?

Dementia is the umbrella term that describes the presence of cognitive deficits that interfere with daily functioning in conditions like Alzheimer's disease, Lewy Body, Frontotemporal, and Vascular dementia. Some of these can be genetically influenced or caused by environmental and lifestyle choices.

Dr. Butterfield specializes in the brain-behavior relationship in adults and geriatric memory and movement disorders. **We caught up with her to find out more about preventing dementia and other cognitive disorders, and treatment protocols.**

H&W: How do you advise people to maintain cognitive and brain health in aging?

Dr. Butterfield: We recommend to, firstly, prioritize cardiovascular health through aerobic exercise, which helps increase the release of a growth factor, called BDNF (brain-derived neurotrophic factor) that can repair brain cells and prevent them from dying. Secondly, eating a healthy diet that is anti-inflammatory and includes antioxidants, fatty fish, leafy greens, and bright berries is essential. It's important not to smoke or consume too much alcohol. Thirdly, understanding your quality of sleep is critical. If you have sleep apnea, it needs to be treated as the lack of oxygen during sleep can cause cognitive and other health issues. Taking care of your heart and vessels will help protect your brain. Other critical factors are to socialize often, minimize stress, and challenge the mind by learning new things daily.

H&W: What are some of the signs of dementia?

Dr. Butterfield: Dementia is an umbrella term that describes the presence of cognitive deficit (compared to others the same age and reflecting a personal decline) that interferes with independence in everyday activities (e.g., paying bills, driving, or taking medication properly). This eventually occurs in neurodegenerative diseases, like Alzheimer's disease, Lewy Body, and Frontotemporal dementia, as they advance. Early signs may include increased forgetfulness, repeating oneself, making errors in bill paying or in appointment scheduling, getting lost or turned around while driving, or changes in speech, judgment, or personality.

H&W: What is mild neurocognitive disorder or mild cognitive impairment?

Dr. Butterfield: This term is used to describe the state between normal age-related cognition and dementia that precedes dementia in those with a neurodegenerative disease, like Alzheimer's. It describes a patient who has a deficit in one or more cognitive domains compared to others of the same age but is still independent in daily tasks. This is best diagnosed with a neuropsychological evaluation, which includes several cognitive tests to see whether there are deficits or whether this is normal age-related decline, what might be causing deficits, and whether this might be reversible. Your doctor can do a brief screening with you to see if you need more detailed evaluation. Sometimes the memory problem is not due to anything alarming but, rather, by a simple vitamin deficiency or infection that can be fixed. The earlier you start intervention with diet, exercise, stress reduction and sleep hygiene, the better.

H&W: What cognitive issues or signs are a part of normal aging?

Dr. Butterfield: If a person misplaces their keys or wallet sometimes, has occasional memory retrieval trouble, struggles to find a word in conversation, feels slower in processing or reaction time, or has more trouble than before with multitasking, these are often signs of "normal" aging. If these issues progress or if one's family or friends express concern, then medical intervention and diagnosis is highly recommended.

H&W: What are some concerning signs worth investigating?

Dr. Butterfield: If someone is repeating themselves several times even within minutes without realizing it, is unable to remember recent events or conversations even after someone tries to jog their memory, struggles with learning new things (memory storage), has difficulty expressing thoughts or stumbles for words, sees things that aren't there, and/or experiences personality changes, these can be significant warning indicators. Alzheimer's typically happens later in life but can occur early, and Frontotemporal dementia typically starts with personality changes or changes in speech. If a person is experiencing any changes in their cognitive functioning, they should seek evaluation for a proper diagnosis.

H&W: Are the pharmaceutical companies producing anything that works for dementia?

Dr. Butterfield: There are drugs available that can improve functioning in the face of disease. So far, the studies haven't been too successful in new drugs to prevent disease, but there's a lot of ongoing work and we are getting closer to finding something to slow the progression of diseases that cause dementia. Certainly, there are several lifestyle changes we all can make to protect our brains from dementia.

If a family member is concerned, but the loved one isn't, it's still critical to pursue a neuropsychological evaluation.

Patients can get a free screening at the Memory Disorders Center, which is at St. Anthony's Hospital and next to the Neuropsychology Dept.

If you or someone you know is experiencing cognitive issues, please reach out to seek interventional help and a proper diagnosis.



London C. Butterfield, PhD

Dr. London Butterfield is a licensed psychologist who specializes in clinical neuropsychology. She received her Ph.D. in clinical psychology from the University of South Florida in Tampa, Florida.

She received specialized training in neurodegenerative disease, specifically movement (e.g., Parkinson's disease, Huntington's disease, Lewy body dementia, Corticobasal degeneration, progressive supranuclear palsy) and memory disorders (Alzheimer's disease, vascular dementia, frontotemporal dementia, mild cognitive impairment), and in epilepsy, brain injury, stroke, cancer, and learning disorders. She completed a clinical neuropsychology internship at the University of Florida in Gainesville, Florida, where she received training with adults and children, including pre- and post-surgery deep brain stimulation (DBS) and heart transplant/left ventricular assist device (LVAD) evaluations. Dr. Butterfield furthered her education by completing a fellowship at the University of Florida, where she focused on memory disorder assessments, evaluations and intervention program development for healthy older adults to improve thinking abilities and healthy lifestyle.

Dr. Butterfield has years of experience providing psychotherapy for a range of psychological difficulties, including depression, bipolar, anxiety, post-traumatic stress disorder (PTSD) and difficulties with adjustment. She has specialized experience in providing genetic counseling to those at genetic risk for Huntington's disease and in working with refugees who have fled their country due to political or religious persecution and trauma. Dr. Butterfield has published articles in various peer-reviewed publications such as, the Journal of Neuropsychiatry and Clinical Neurosciences and Neuropsychology. Her clinical interests include adult and geriatric clinical neuropsychological assessment, movement disorders, memory disorders, brain injury and cognitive rehabilitation. She is a member of the International Neuropsychological Society and the American Psychological Association.



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5 Reasons to Avoid Knee Replacement Surgery

By *Regenexx at New Regeneration Orthopedics*

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx at New Regeneration Orthopedics has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us today.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action



lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the

best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx at New Regeneration Orthopedics provides trusted regenerative solutions, offering the nation's most advanced, researched, and evidence-based non-surgical treatments for injuries and arthritis.



James Leiber, DO | Ron Torrance II, DO FAOASM
Ignatios Papas, DO | Lisa Valastro, DO

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



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Innovative Ways to Manage Brain Fog and Other Unique Symptoms of Long COVID

Most people aren't even aware Long COVID exists, or that it could be the reason their mind isn't thinking clearly, their body isn't functioning correctly or their chronic pain won't subside.

As we study the after-effects of COVID-19, it has presented a nightmare for people who are reeling from extended periods of symptoms which have disrupted their lives and left them and their loved ones feeling out of control. They now struggle to face even the simple household tasks as their body remains in a state of crisis, depleting their energy and leaving them mentally and physically exhausted.

The COVID Aftershock: Taking a Physical and Mental Toll

Commonly referred to as Long COVID, the post-COVID-19 symptoms can be called many things such as Long-Haulers, Post-Acute COVID-19 and Chronic COVID syndrome or Post-Acute Sequelae of COVID-19 (PASC).

These conditions are experienced as persistent long term complications or returning symptoms of the SARS CoV-2 coronavirus. In May 2022, *The New York Times* reported that one in five patients develop long-term symptoms related to Long COVID. This estimate is up from the *National Library of Science* study just a year earlier that suggested one in ten patients. Those afflicted now face medical uncertainty and risk losing their independence as well.

Alongside introducing new symptoms, Long COVID has been known to exacerbate or prolong existing conditions and comorbidities. These complications can vary from cardiac disease to respiratory disease to psychiatric issues. Some data even suggests that Long COVID may influence diabetes and hypertension. For most, the COVID-19 infection has been hard enough to deal with physically, but the reality of persistent negative effects plaguing the body after the virus runs its course has an equally devastating effect on the patient's mental state as well.

Unfortunately, anyone who has come into contact with the virus is at risk for these long-term, persistent and disruptive symptoms. This means that if



a patient had mild, non-severe symptoms or was even asymptomatic, they may still feel the effects of Long COVID.

The Symptoms Challenging Long COVID Patients

While COVID-19 itself was an insidious virus that challenged us all, in its wake, we are finding that many of those infected are now struggling with these long-term effects that are as substantial as they are varied:

- Fatigue and fever
- Cough, shortness of breath or difficulty breathing
- Chronic pain, typically joint, chest or muscle pain
- Memory, concentration (aka Brain Fog)
- Problems sleeping
- Fast or pounding heartbeat
- Loss of smell or taste
- Headaches, depression or anxiety
- Dizziness when you stand
- Worsened symptoms after physical or mental activities
- Organ damage (heart, kidneys, brain)
- Blood clots
- PTSD, depression, anxiety from hospital stays

This extensive, growing list presents concerns and confusion for healthcare providers who are unequipped with the technology necessary to diagnose and treat these internal and mental issues affecting the body long after the initial infection.

Luckily, *the future of clinic care is right here, right now and help is on the way* in local Tampa, FL where physical therapy and technology have merged to adopt a new way to treat a novel challenge and provide relief and answers to anyone experiencing Long COVID symptoms.

Introducing a Next-Gen Solution for Long COVID Sufferers

Competitive Edge Performance, a group of private practice physical therapy clinics owned by Jason Waz, PT in Tampa, FL, in partnership with *NeuPTtech*, a physical therapy technology and consulting firm also founded by Waz, has been developing the tools and protocols to combat these persistent post-virus symptoms.

Across hundreds of patients in the Tampa area, they've focused on providing the safest and highest quality of care despite the difficulties and continued challenges of COVID-19. When Long COVID symptoms

showed that there is more to do, they began utilizing their networks and leveraging existing technology to find solutions.

One thing became clear: It starts from the inside-out.

Physical Therapy Technology Treating Long COVID Symptoms

Currently, three optimal health services are available which can successfully identify, treat and manage Long COVID symptoms: The NEUBIE, PEMF and HRV are each devices that Waz's Tampa-based companies have integrated into traditional physical therapy evaluations and treatments.

NEUBIE (Neuro Biological Electrical Stimulation)

Tampa's Competitive Edge Performance has currently anchored their post-COVID treatment plans around the use of NEUBIE pulsed direct current treatment. For the last several years, this innovative breakthrough in electrical stimulation therapy has been proven to address long-standing dysfunctions and decrease chronic pain among the clinic's patient population by triggering the body at the neurological level. The NEUBIE device's neuromuscular reeducation process changes the inputs the body receives for pain and muscle function, "correcting" the dysfunctional patterns created from persistent symptoms of the virus.

When treating Long COVID symptoms, the NEUBIE device can stimulate the nervous system to restore function to the body's internal systems and switch off the "fight or flight" mode draining energy and resources from patients during a prolonged illness.

PEMF Therapy

Next, physical therapists are utilizing Pulsed Electro-Magnetic Field (PEMF) therapy to further accelerate healing at the neurological level. PEMF directs pulsed energy waves toward damaged or injured areas of a patient's body, essentially "recharging their batteries" by influencing electrical changes in cells that can restore the overall health status of the patient.

A sub-optimal state of wellness occurs in patients when continually bombarded with stress and lack of restorative rest from prolonged sickness, all the result of a lack of vagus nerve stimulus. The PEMF modality does its part to decrease the nervous system "fight or flight" response, improve restorative rest capacity and increase energy stores at the cellular level.



HRV Assessment

Heart Rate Variability is arguably one of the most useful tools currently available (yet underutilized) to physical therapists to measure their patients from the inside-out. While uncommon in most traditional physical therapy treatments, Waz has integrated this diagnostic technology into next-gen programs that test a post-COVID patient's HRV score before and after therapy sessions so clinicians can gain feedback from electrical activity in the patient's heart to understand their overall wellness and recovery capacity.

For patients with long-term illnesses, this 5-minute, non-invasive HRV analysis gives a clear indication of the body's inability to switch between "fight or flight" and "rest" phases. With this critical information, the clinician can develop custom plans based on real-time autonomic nervous system data to improve health status and increase functional capacity during daily activities that have suddenly become difficult due to post-COVID conditions.

Complimentary HRV Screenings Available in Tampa, FL

Access to the technology, research and insights is available to reduce the long-term effects of COVID-19 and deliver an inside look at this novel affliction. Waz and his team look forward to educating patients, introducing optimal health technology

and delivering a ground-breaking approach that will effectively uplift and treat patients suffering from Long COVID.

If you or a loved one is feeling discouraged by Long COVID symptoms, please call (813) 352-5413, email jwaz@goceppro.com or schedule an appointment directly with **Competitive Edge Performance**. **Mention this article for a Free HRV Screening** and experience the hope and relief this next-generation physical therapy can provide by resolving the disruption Long COVID has caused in you or your loved one's life.

Please note, information in this post was accurate at the time of its posting. Due to the fluid nature of the COVID-19 pandemic, scientific understanding, along with guidelines and recommendations, may have changed since the original publication date.

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Wisdom Teeth: What You Should Know About Your Treatment Options

Dr. 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**.



About Dr. José F. Lázaro

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

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

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



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What Sets Aston Gardens At Tampa Bay Apart?

A Director of Celebrations Special Insight of the Highly Regarded Senior Community

We hear so much about aging well, but many of us have no idea what it entails. A sense of belonging is key to longevity and living well. The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer more opportunities and events for their residents to enjoy throughout each day of the month.



We caught up with Gail King, Director of Celebrations at Aston Gardens, to find out more.

As the Director of Celebrations, my role is to bring recreation, activities and events to our residents and community. We schedule outings, educational services, arts, recreation, and shopping events. We're somewhat like a five-star hotel concierge service. Imagine that you go to your resort concierge and ask them about things to do locally; that's what we specialize in. I personally take responsibility for our community calendar, which is full of excitement and offers many opportunities for our residents. There is always something for them to do. I want them to look at the calendar and say, "There are so many things that I can't decide what I want to do." Our focus at Aston Gardens is to make something always available and encourage and challenge residents physically, intellectually, and socially.

Our fitness program is state of the art. We have a Fitness Coordinator, and group exercise programs are offered three times per day during the week. This allows our residents ample time to enjoy their workouts by spending time with friends.

We welcome ideas from our residents to tell us what they want to do, and we pride ourselves on making it happen. We do our best to schedule events and activities from their suggestions. We offer shopping excursions, weekly Bible studies, local hotspots, movie nights, games, art classes, and themed parties, to name a few.

Our events are resident driven. Some residents are new to the Tampa Bay area, so we make sure to include local museums, cultural events, and local favorite restaurant outings throughout the month. Although many of our residents still drive their own vehicles, we have buses that take large groups on excursions daily. There is such a deep sense of community within our community. Building and maintaining relationships with one another comes easily here at Aston Gardens.

Regarding our buses and transportation, some of our residents need assistance, so we offer that to them, which provides a sense of independence within the larger aspect of Aston Gardens.

Next week we have a "Dolphin Quest." This is a fun trip that we've planned out of John's Pass to sightsee dolphins on a boat tour. There will be time for shopping and exploring restaurants when we return from the tour; residents will have time to roam and enjoy lunch together.

Each weekend we celebrate a special concert via recording in our Grand Ballroom. Of course, these are suggested by our residents. Recently we've had the Beatles, Fleetwood Mac, and Jimmy Buffet. We also have Broadway Sundays and show a live recording of a major Broadway show in the ballroom. Residents can enjoy these shows and concerts and cherish time together.

Recently we had a movie night with pizza, beer and nearly 100 residents showed up for the highly anticipated event. The sense of community is remarkable at Aston Gardens at Tampa Bay.

A 6-Million Dollar Renovation

There is a Grand Clubhouse at the main entrance and two dining rooms (formal and casual). We also have a fitness club and pool.

Residents can walk or take a golf cart to the main clubhouse for the amenities, events, or dining. In the past year, we did a 6-million-dollar renovation, so everything is like new. There is weekly housekeeping and numerous perks that keep our residents happy and healthy throughout the year.

Each month we have a themed party with a DJ, open bar, and prizes for the best costume. Recently our themes included country western night, where we had line dancing lessons, a tropical oasis night, the roaring 20s, and Springtime in Paris. These parties are always a big hit.

Why Residents Love Aston Gardens

Residents love living in Aston Gardens because of the sense of community and belonging. We offer so many things that bring everyone together with a sense of family. There are close to 400 residents, and most of them know each other, and those that don't soon will.

They love the amenities, but the majority of them will tell you that they have an immense sense of belonging. Our seniors are active and excited and have high expectations. We hold ourselves accountable to deliver happiness to them daily. I personally feel like I have an extended family because we all are working so closely together. Aston Gardens is truly an amazing place.

Celebrations Activities and Events

Most senior living programs in the Tampa, FL area will offer a few activities for their residents. These events cannot compare with the level of excellence that the Tampa Bay community and activities at Aston Gardens at Tampa Bay provide. We offer a wide range of activities for each ability level, so there's always something for you to do.

Aston Gardens offers Independent, Assisted and Memory Care Options.

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 & Events and Dimensions Health and Fitness. 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 813-438-7345 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



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

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

Radiofrequency Denervation

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

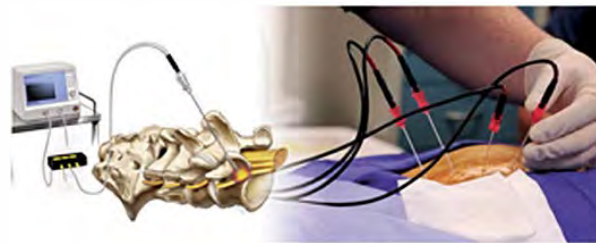
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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

A Patients Perspective

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

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



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

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

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

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

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



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

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

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

The National Institute of Spine & Pain

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Orange Looks Good

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

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

Why Touchstone Home Care?

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

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

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

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



To find out more, please visit www.touchstonehomecarefl.com, call 813-426-7848 or email TouchStoneHomeCare@gmail.com.

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.



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.

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THIS IS NO TIME FOR PAIN

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