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Health & Wellness[®] MAGAZINE

September 2022

Pasco/North Tampa/New Tampa Edition - Monthly

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Surgeon Wants
Patients to Know
About **Breast Cancer
Diagnosis** and Their
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Cataract Surgery**
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What a Breast Surgeon Wants Patients to Know About Breast Cancer Diagnosis and Their Treatment Options

In the United States, the CDC reports that more than 276,400 women are diagnosed with invasive breast cancer annually, along with 48,530 new non-invasive breast cancer cases. Breast cancer also affects approximately 2,600 men each year. The statistics of survival are increasing, which is mostly due to patient education and early diagnosis.

Breast cancer most often begins in the cells that line the ducts, or nipples, but can begin in any of the breast tissues. The primary way that breast cancer spreads is through the lymphatic vessels of the breast, often growing into the lymph nodes.

Dr. Diane Durgan, a breast surgeon with BayCare Medical Group, is passionate about improving breast cancer survival rates, and educating patients on the importance of screening and getting tested for genetic risk factors. Dr. Durgan has extensive training in innovative surgical techniques and a passion for helping all patients. She has a keen interest in working to eliminate the health disparities that persist in breast cancer both here locally in our community and abroad on mission trips. Along with being a medical doctor and surgeon, Dr. Durgan also holds a master's degree in public health.

We caught up with Dr. Durgan to learn more about her expertise in breast health and breast surgery.

"Our approach to breast cancer and breast health is a multidisciplinary and comprehensive team approach of oncologists, surgical experts, radiologists, plastic surgeons, and pathologists on our tumor board," Dr. Durgan explained. "Together, we discuss and review imaging and pathology in depth, and coordinate the patient's best plan of care."

"We have a Breast Center of Excellence program accredited under the NAPBC (National Accreditation Program for Breast Centers) guidelines and have to meet, adhere to, and maintain high-level patient care, standards, and resources. We put patients first at St Joseph's Hospital. Patients needing a basic, screening mammogram can schedule an appointment at any BayCare imaging center without a physician referral.

"I also explain to my patients the importance of being your own advocate and doing your own monthly breast exams, especially younger patients who are not yet getting annual mammograms. Women often find lumps or changes on their own and letting your doctor know about any concerns in your breasts is a critical step in early diagnosis, along with screenings at the appropriate age. To determine what age you should start getting mammograms you should have a breast cancer risk assessment done by your primary care doctor, which will take into account your family history and personal history of any breast biopsies that have been done. For women at average risk getting annual mammograms starting at age 40 is strongly recommended to ensure overall breast health and optimal treatment; the earlier you are diagnosed, the better your outcomes will be.

"I take time with my patients to assess their breast cancer lifetime risk, discuss imaging options, and options for genetic testing. For patients that have already been diagnosed with cancer, I make sure to spend ample time with my patients to give a detailed explanation of their diagnosis and all available treatment options. We understand and recognize the need for support and guidance during a breast cancer diagnosis, treatment, and aftercare. We provide a supportive network to assist patients in learning about the process and we will help them navigate through all available resources including nutrition and lifestyle changes if patients are interested in maximizing their overall health."

If you or someone you know notice changes in breast health or need a mammogram, contact BayCare Medical Group.

Conditions treated/Procedures offered:

- Abnormal breast imaging
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- Partial breast irradiation
- Procedures including ultrasound-guided cyst aspirations, excisional biopsy, lumpectomy, mastectomy
- Risk reduction education
- Surgical and nonsurgical treatments of male breast disease
- Wireless surgical guidance (SAVI SCOUT® lumpectomy)



Diane Durgan, MD, MPH

Dr. Diane Durgan is board-certified in general surgery and focuses her practice in breast surgical oncology. She completed her undergraduate studies in community health and Spanish from Tufts University in Medford, Massachusetts. She earned her Doctor of Medicine from St. George's University School of Medicine in Grenada, West Indies. She continued her medical education by completing a general surgery residency at Stamford Hospital/Columbia University College of Physicians and Surgeons in Stamford, Connecticut. Dr. Durgan then completed a breast surgical oncology fellowship at the Mayo Clinic in Rochester, Minnesota. She also holds a Master's degree in Public Health from Yale University in New Haven, Connecticut. As a member of BayCare Medical Group in Tampa, Florida, Dr. Durgan treats patients with a wide variety of breast disorders and is deeply committed to the well-being of her patients. She takes a thorough and precise approach to her consultations to ensure that she is consistently providing the highest level of care to all her patients. She is a member of the American College of Surgeons, the Association of Women Surgeons, the American Society of Breast Surgery, and the Society of Surgical Oncology. Dr. Durgan speaks Spanish and is affiliated with St. Joseph's Hospital-North in Lutz and St. Joseph's Women's Hospital in Tampa.



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The Good and Bad of Shoulder Labral Tear Surgery

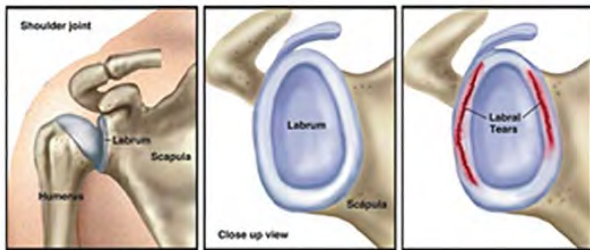
By *Regenexx at New Regeneration Orthopedics*

Today's orthopedic care model, much like the healthcare model in general, often treats the symptoms of an orthopedic issue without addressing the root cause of the problem.

This is true of shoulder labral tears. The usual treatment prescribed by orthopedists is a repair surgery but the cause of the tear is never addressed during the patient's brief consultation with the doctor.

What Is the Shoulder Labrum?

The shoulder labrum is like a seal that surrounds the shoulder joint's socket. Because its purpose is to guide the shoulder joint as it moves and to make the shallow socket slightly deeper, it serves as a shoulder stabilizer. In decades past, a tear in the labrum wasn't considered a serious issue—it was simply a shoulder arthritic condition. Once orthopedic surgeons realized a torn labrum could be resealed, shoulder labral surgery became more commonplace. Frequently, a labral tear does need to be tended to, and more than likely, surgical repair is not the answer.



What Caused Your Labrum to Tear?

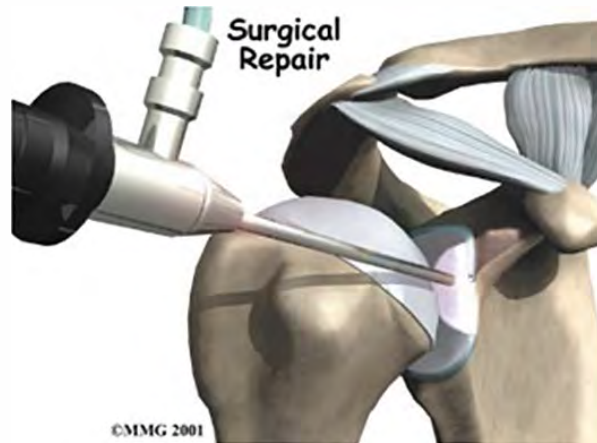
Labral tears can happen as a result of a traumatic incident, such as a car wreck or a major fall. It's not unusual, however, for tears to occur without any fanfare or particularly notable injury. What causes a tear in those cases? Hidden shoulder instability is the probable culprit.

With insurance companies and managed care telling orthopedic surgery clinics how to operate, patients generally get little time with their surgeon. Most of their appointment is spent with an assistant. This means that important details like why your labrum tore in the first place are never discussed.

Why Does Shoulder Instability Matter?

The shoulder is a complex joint. It has to be able to move in several different directions at maximum capacity, yet it also needs to be stable. Timing and precision are paramount to ensure that the ball (humeral head of shoulder) remains in a small space relative to the socket when moving the shoulder.

The rotator cuff and other muscles contribute to this, but strong ligaments also help keep the ball joint resting just where it should in the shallow socket.



On the whole, surgeons ignore these ligaments until the joint gets dislocated. For every patient who has a dislocated shoulder and a very unstable joint, five or six other people have undiagnosed hidden shoulder instability.

Frequently, it stems from an injury long ago that the person did nothing about. The shoulder might have seemed to heal but it resulted in an unknown labral tear or underlying shoulder instability.

This is one of the most egregious cons when evaluating shoulder labral tear surgery: hidden shoulder instability.

Read the Stories of Two Patients

Hidden shoulder instability is a common condition that most orthopedic evaluations completely miss. Two patients with different stories but similar outcomes illustrate some of the reasons. One 20-something patient with hidden shoulder instability visited a Regenexx office to help him decide whether to undergo labral tear surgery.

His current injury happened during a rock-climbing workout that left him in chronic pain. When the Regenexx doctor examined the patient, it was discovered that the shoulder ball was unstable in the socket. What caused the instability that led to his recent labral tear?

Upon speaking further with the patient, he recalled a bad mountain bike fall that occurred seven years before. His shoulder was injured but he never sought medical treatment. Oftentimes when someone has an injury and they do no corrective exercise or rehab after the injury, this can lead to underlying instability.

Another patient, also an athletic man, had torn his left shoulder labrum as he dead-lifted 450 pounds. His right shoulder was perfectly fine, however. What caused the difference between the shoulders when they lifted the same poundage?

After examining the left shoulder, again hidden shoulder instability was the diagnosis. Damage inflicted during an MMA fight the year before had caused pain for weeks but the patient ignored the pain and did nothing to help the issue.

What Are the Consequences of a Shoulder Labrum Surgery if You Have Hidden Shoulder Instability?

If the root cause of a labral tear is hidden shoulder instability, then shoulder labral surgery will only temporarily solve the issue. The next time the unstable shoulder has to deal with another potentially challenging situation, the socket will move out of its place and tear the labrum again.

What is the long-term solution then? In short, it's interventional orthopedics. By precisely injecting your own advanced platelet and healing cell mixtures directly into the torn labrum and the loose ligaments, your body can heal itself.

This procedure comes with a much shorter recovery time and the results are often better than those achieved with surgical repair, while also taking care of the hidden shoulder instability.

It's a win-win scenario that will serve you much farther into the future than the short-term shoulder labrum surgery solution.



James Leiber, DO | Ron Torrance II, DO
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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REDUCE YOUR RISK OF LUNG CANCER

While the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined.

Risk Factors for Lung Cancer

Lung cancer forms in the tissues of the lungs, most often in the cells that line air passages, and occurs when these cells start to grow and multiply uncontrollably.

Approximately 85% of all lung cancers occur in people who smoke or who are exposed to secondhand smoke. Tobacco in all forms increases the risk of various types of cancer, and lung cancer in particular. The carcinogens in tobacco and tobacco products can potentially damage nearly every organ in the body.

Other risk factors include exposure to asbestos, nickel, arsenic, chromium or other chemicals, and some petroleum products, or living in an area with high levels of air pollution.

It is important to note that about 20% of lung cancer deaths occur in people who never smoked. Researchers are working to understand how and why this occurs. We do know that nonsmokers who develop lung cancers experience a different and unique set of genetic changes than smokers do.

An Ounce of Prevention . . .

There are ways to reduce your risk of lung cancer.

It stands to reason that one of the best ways to reduce your risk is to never begin smoking, or, if you do smoke, to stop as soon as possible. Many programs and community resources are available and can assist with smoking cessation. Discuss these and other options with your doctor to determine which method is best for you.

EARLY DETECTION SAVES LIVES

Although there have been many promising treatment advances, the average five-year survival rate for lung cancer in the U.S. is only 22%, unless it is detected early, according to the American Lung Association. If lung cancer is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%.

Unfortunately, only about 16% of all lung cancer cases are diagnosed at an early stage. Why? Because often there are no symptoms; a tumor may not be detected until it becomes very large.



Symptoms to be alert for include:

- Coughing up blood or a cough that doesn't go away
- Recurrent episodes of pneumonia or bronchitis
- Wheezing or shortness of breath
- A high-pitched whistling-type sound when breathing in or out, or a hoarseness to your voice

Because symptoms can be so vague, it's important to pay close attention to any warning signs and contact your health care provider right away. If you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years, regular screenings are important.

Through the use of low-dose spiral computed tomography (CT) scans of the chest, lung cancer can often be detected in its early stages. This type of screening can detect early-stage cancers that cannot be seen on traditional chest X-rays. Check with your primary care physician to see if you could benefit from a CT lung scan.

The importance of early detection cannot be emphasized enough. If detected early, the chances of surviving lung cancer with a high quality of life are three times greater than when cancer is detected in a later stage.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade. These include the development of targeted therapies, medications that interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment safer and more effective, with fewer side effects for patients.

Sometimes, chemotherapy is also used in combination with targeted therapies, and this protocol has been shown to improve survival rates. Clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective.

While there is still much research needed to develop even more effective treatments for lung cancer, the good news is that many more people are surviving the disease than ever before.

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

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

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

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For more information, visit FLCancer.com



Advanced Treatment For Vaginal Discomfort: What you should know about the MonaLisa Touch®

Dr. Vahora, MD, FACOG

Many women carry a little secret that they dare not tell even their best friend. The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, pain, and issues that they often withhold and keep to themselves. Most women think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy.

What is Vulvovaginal Atrophy?

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

As mentioned there are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform in your physician's office.

Innovative Technology

This advanced technology is called the MonaLisa Touch®. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

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

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa.



The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration and enjoyment of each other. You'll be amazed how effective this procedure get's you back to where you once were in your relationship.

What Patients Have to Say About Parveen Vahora, M.D.

"To find out that there was actually a laser that in three treatments could possibly provide me with what I hadn't been getting in the last 10 years of trying"? I was ecstatic." -Melanie P.

"When I underwent the MonaLisa Touch procedure, I was a little nervous, had some trepidation going into it, and after the procedure I came out almost bouncing off the walls, saying I cannot believe there was no discomfort, such a short time commitment." -Cheryl S.

"No, less than 5 minutes? It's really a fast procedure; I don't even want to call it procedure; I would just say experience, just a tiny little sensation as if someone's touching your skin." -Tina R.

"I would like to share that she is incredibly passionate about helping her patients. I think it is admirable that she is an advocate for non-narcotic pain relief in her practice. I highly recommend this practice." -Ashley T.

Parveen Vahora, M.D.

A Board Certified, fellowship trained laparoscopic gynecological surgeon, Dr. Vahora owns a private practice in Trinity, Florida. In addition to being the only practitioner in the area to offer the MonaLisa Touch® Laser, Dr. Vahora performed the first single site robotic hysterectomy in North Pinellas County. She is highly trained in minimally invasive procedures for conditions such as pelvic pain and is able to conduct sophisticated genetic testing.

She considers herself a minimalist and doesn't recommend surgery unless it is absolutely necessary. Making her patients an integral part of their own health, she works with them to determine the best course of treatment for each unique case.

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating healthcare practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns. Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms.



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

Call today to schedule your MonaLisa Touch consultation at
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Trinity, FL 34655

Premium Cataract Surgery with Dr. Mark Arey at Florida Medical Clinic Eye Specialists

Cataracts remain one of the most common sight-threatening conditions affecting patients both in the US and worldwide. The American Academy of Ophthalmology estimates that more than half of those aged 75 and older will have an advanced cataract at the time of diagnosis that if left untreated can result in significant visual impairment.

The typical symptoms of cataracts include blurred vision, glare and light sensitivity, and decreased night vision. Quite simply, a cataract is a clouding of the eye's natural lens. The lens is the focusing element of the eye that filters light and projects the image onto the retina. In an eye with a cataract, this cloudy lens blurs and distorts that image.

Advanced Laser-Assisted Cataract Surgery

Modern cataract surgery utilizes ultrasound energy via a small incision to remove the cloudy cataract. Femtosecond laser technology can now be used to perform the most critical steps of the surgery, a significant advancement in this otherwise remarkable procedure. Dr. Mark Arey was the first to bring femtosecond laser technology to North Tampa and is proud to offer the LenSx® femtosecond laser to his patients undergoing cataract surgery.

Additionally, Dr. Arey is proud to have been among the first cataract surgeons in America to implant both the PanOptix® and Vivity® advanced technology intraocular lenses.

PanOptix® is the first FDA-approved trifocal lens available in the United States and has been used by Dr. Arey since 2019 in patients striving for maximum glasses independence following cataract surgery. This lens is ideal for those with an active lifestyle wishing to achieve excellent vision at all ranges (distance/intermediate/ near) with minimal dependence on reading glasses after surgery.

Vivity® was approved by the FDA in 2020 as the newest EDOF (Extended Depth of Focus) lens available for patients undergoing cataract surgery. Vivity® provides a range of vision from distance to intermediate without the additional risk of halos and/or glare that some patients with a trifocal lens may experience. Detailed near tasks such as reading fine print may require either reading glasses or an adjustment in the font size/ zoom on your smartphone or other device. Vivity® may also be an option for patients that have other pre-existing ocular conditions that would otherwise prevent them from receiving a premium intraocular lens implant.



What to Expect on the Day of Your Cataract Evaluation

At Florida Medical Clinic Eye Specialists, we dedicate specific appointment times for our cataract patients to be evaluated, ensuring that each patient receives the examination, testing, and counseling needed to help ensure the

best surgical outcome. A spouse or family member is welcomed and encouraged to be involved in the discussion during which the surgical plan, including the choice of intraocular lens, will be made.

What to Expect on the Day of Your Cataract Surgery

Dr. Arey operates at the Florida Medical Clinic Ambulatory Surgery Center in North Tampa. Upon arrival, patients are greeted and brought to the pre-operative area where the surgical consent and plan are confirmed. An IV is started and drops are initiated to dilate the eye. Members of the anesthesia team meet the patient and relaxing medicine is administered through the IV. Surgery itself typically takes less than 15 minutes, and following a short stay in the recovery area patients head home to relax and enjoy the rest of the day. A follow-up visit back in the office is planned for the following morning.

What to Expect After Your Cataract Surgery

One of the most rewarding things about cataract surgery is how quickly patients typically recover. It is quite common for patients to experience an early "Wow!" at the first post-operative visit. In more dense cataracts, vision may be a bit blurry in the early post-op period, with clearing of the vision expected to occur over the following several days. Symptoms such as mild irritation, foreign body sensations, and sensitivity to light are transient and typically quickly resolve.

What Makes Florida Medical Clinic Eye Specialists Different

"I'm confident in believing that at Florida Medical Clinic Eye Specialists, we have the best of both worlds. We can offer efficient, advanced, personalized services to both our brand new and our very loyal returning patients, while offering the benefits available to them as part of a larger, integrated health care delivery system" explains Dr. Arey.

Continuing, Dr. Arey notes that "We're very respectful of our patients' time and we do our very best to avoid long wait times in the office and the exam room. It's truly our goal to get most of our patients out within an hour or less of their scheduled appointment time. We avoid overscheduling while being sure to take care of our patients who may call in with an urgent eye issue. My lead technician, surgical coordinator, and office manager Thuy does a great job establishing and maintaining a positive and warm office environment for both our patients and our staff. We truly get to know our patients and strive to build long term relationships with them via exceptional, personalized care."



About Dr. Mark L. Arey

A Central Florida native born and raised in Winter Haven, Dr. Arey, or "Weeb" as his close friends and family call him, grew up as a student-athlete with the goal of attending the University of Virginia and becoming a physician. After graduating from UVA in 1998, Dr. Arey moved on to Winston-Salem, North Carolina to attend Wake Forest University School of Medicine, graduating in 2002. Along with his new wife Shuchi, Dr. Arey moved to Dallas and began his training at the nationally recognized Department of Ophthalmology of the University of Texas Southwestern Medical Center/ Parkland Memorial Hospital. Following completion of residency and an additional fellowship year in cornea and external disease, Dr. Arey returned to his home state in 2008 and has been taking care of patients in North Tampa ever since. A lifelong sports enthusiast, Dr. Arey has spent much of his free time volunteering as a coach in several local youth sports organizations. He has coached literally hundreds of kids over the last decade in programs at the New Tampa YMCA, Chargers Soccer Club, North Tampa Athletic Association, Keystone Little League, and Tampa Bay United Soccer Club. He holds a National "D" Level Coaching License with the US Soccer Federation.

Dr. Arey has been married for 20 years to his beautiful wife Shuchi, and together they raise their three kids, Mikaela, Evan, and Daniela with a focus on both academic and athletic achievement. In his free time, Dr. Arey enjoys running and cycling, competing annually in the Gasparilla Half Marathon every year since 2011.



To learn more about Dr. Arey and FMC Eye Specialists please visit FMC2020.com. To schedule an appointment, please call us at (813) 284-2323.



Dr. Sunil Panchal

A PATIENT'S EXCRUCIATING BACK AND LEG PAIN...

Relieved in One Day!

One year ago, David was lifting a fire pit in his back yard and fell to the ground in infuriating pain. He could not get up as the pain was completely unbearable. EMS transported him to the emergency room, and he was admitted to the hospital. David had a herniated disc and was prescribed pain medications and discharged.

"The pain medications worked for a while, but eventually, the pain returned, and I had excruciating pain in my left leg as well." Said David.

After seeing multiple doctors, including a spine surgeon, and getting CT scans, ultrasounds, and MRIs, no one could figure out why David's pain was so immense, and they also had no idea why his left leg was painful, even more so than his back. Unable to accurately diagnose and treat him, David was left to suffer for another five months.

His Primary care physician finally referred him to a pain specialist that has been helping numerous patients find relief through regenerative and alternative procedures. Dr. Panchal is the founder of the National Institute of Spine and Pain.

David continued, "At the very first visit that I had with Dr. Panchal, he looked over my images and immediately knew the root cause of my pain, and he explained to me in full detail exactly what he needed to do to relieve it."

From the images, Dr. Panchal saw that David had a nerve that was being impinged and compressed by spinal neural foraminal stenosis of L3. Spinal neural foraminal stenosis refers to the narrowing of the foramen, which are small openings between each vertebra in the spine. Nerve roots pass through the foramen, so in David's case, his nerve was severely compressed in the gap and causing him unyielding leg pain along with lower back pain.

Dr. Panchal explained that David needed a procedure to shave the disc down to relieve the pressure on the nerve. The procedure is called endoscopic discectomy and decompression of the nerve root.

This procedure is performed while the patient is under light anesthesia, which allows open communication for patients to express pain thresholds with Dr. Panchal. David was not happy about having to have any surgery, even though Dr. Panchal explained that it was minimally invasive. After two months, David decided he needed to do it to relieve his daily pain that was disrupting his life.

David told us that after the surgery, which was this past December, he has no pain! David no longer needs pain medications, and he is back to living the quality of life that he and his family enjoy, pain-free with complete resolution.

Endoscopic discectomy and decompression is an outpatient procedure done under x-ray fluoroscopy to remove herniated disc material through a small, half-inch incision. It's done under light sedation and local anesthetic.

A 3-D video is used to guide guidance, tiny instruments through an endoscopic probe. The procedure takes approximately an hour and causes minimal discomfort, and a small bandage is usually enough for the closure of the tiny incision.

Dr. Sunil Panchal of the National Institute of Spine and Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and

also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

"The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development." said, Dr. Panchal.

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection

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

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

The National Institute of Spine and Pain

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

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GAINSWave Technology Can Help with Prostate Cancer Side Effects

BY DR. ROBERT LUPO, D.C.

Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way; just a simple examination and getting regular checkups can alleviate these grim statistics.

Even though there are rarely signs of early prostate issues, some of the most common symptoms of the disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

Screenings

There are several different standard tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second testing is done through a PSA (prostate-specific antigen) count. The blood is tested for these specific protein-synthesized prostate cells, the higher the number of PSA, the more likelihood of impending prostate cancer. These screenings can't tell for sure if you have cancer, so diagnostic testing is needed if one of these screening tests is abnormal.

Cardiovascular Conditions

Some of the side effects and symptoms of prostate cancer and prostate disorders can lead to erectile dysfunction. Erectile dysfunction is related to cardiovascular issues like high blood pressure or atherosclerosis (hardening of arteries). Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED, and it definitely doesn't treat the cause.



Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time, and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of

new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

Don't Just Mask Your Symptoms

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

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

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The Link Between Hearing Loss & Alzheimer's Disease

There is no cure for dementia including Alzheimer's Disease. That's why taking care of the body and brain on multiple levels is critical to staving off the onset of memory-related issues. This includes things like daily exercise, staying socially and mentally active, maintaining a healthy diet, getting proper rest and (perhaps surprisingly) protecting our hearing.

How Are Hearing Loss and Cognitive Decline Connected?

It's important to note that not all hearing loss will result in cognitive disorders, but there is an interrelated reason why it may escalate a person's risk. Age-related hearing loss, known as sensory-neural hearing loss, is a normal part of growing older. Approximately 50% of people will have significant hearing loss by age 75. Preventing this type of hearing loss through things like avoiding loud noise exposure and getting early treatment for sensory-neural hearing loss is critical for maintaining good hearing.

Over the past decade, studies have also shown the negative effects of hearing loss on cognitive function. When there is auditory deprivation, AKA hearing loss, there is a significant reduction of activity in the area of the brain that processes communication. This area is the temporal lobe, which is considered the primary auditory cortex. It not only controls hearing, but also the way language is processed.

Individuals who struggle with hearing often become less social as a result, and therefore, their cognitive decline is affected by fewer interactions and reduced mental processing. It is also believed that decline in other special senses, like smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

Receiving early treatment (such as hearing aids) can help slow down the natural progression of hearing-loss-related cognitive decline. Nonetheless, hearing loss is progressive and tends to get worse with age in most people.

In all, it's important to do all we can to keep the brain engaged in social interaction and verbal communication, because when a person becomes isolated or has trouble communicating effectively, it tends to exacerbate the onset of dementia. Protecting and preserving hearing is one of the lesser-known items we can control, and that makes it something that's worth thinking about right now.

Aston Gardens At Tampa Bay utilizes a nationally recognized curriculum within its SHINE® Memory Care neighborhood.

Aston Gardens Provides Multiple Living Options

Aston Gardens is among the Tampa Bay area's most sought-after communities. That's due in large part to its commitment to enriching the lives of each resident senior and their family by providing personalized care, welcoming living spaces, and superior amenities. There are also three, distinct living options, which include Active Independent Living, Assisted Living and the exclusive SHINE® Memory Care program.

Active Independent Living

This lifestyle delivers the best of active senior living and includes some extended services such as restaurant-style dining, robust health and fitness programming, and a full calendar of activities and social events.

At Aston Gardens, spacious, well-appointed apartment homes and a limited number of for-sale villas come complete with full-size kitchens, in-unit laundry and many designer upgrades. There are also world-class amenities located throughout the Grande Clubhouse and elsewhere across the community. Those include multiple, casual and upscale dining venues; a heated, resort pool; bar and lounge; high-tech senior fitness center and more. Taken together, it's all part of a more flexible, choice-driven way of life; one that empowers seniors to lead an independent lifestyle on their own, unique terms.

Assisted Living

This more care-focused living option was designed for seniors who enjoy living independently, but who need or could benefit from having some regular assistance with daily living activities such as bathing, ambulation, medication and/or insulin management and more. It also comes with a host of all-inclusive features and lifestyle services, things like daily, chef-prepared meals, personal laundry service, chauffeured transportation and specialized care plans designed to suit each, individual resident's needs and preferences.

Assisted Living provides 24-hour care and service from dedicated health and wellness professionals. Plus, at Aston Gardens, Assisted Living is all-inclusive, with residents paying just one price for full community access, amenities, and care and services.

SHINE® Memory Care

Built upon a single foundational principle—personalization—SHINE® utilizes six (6) individual points of focus to create a holistic memory care plan that's made to fit each person's unique needs and capabilities. Those include:

- 1) Superior Communication
- 2) Team Member Training & Certification
- 3) My Story, a Personalized, Biographical Journey
- 4) Specialized Dining Programs
- 5) Life Enhancement Experiences
- 6) Safety-Minded Neighborhood Design

For utilizing the latest, scientific evidence and industry best practices, the SHINE® program curriculum in 2020 received a National Certificate of Recognition from the Alzheimer's Association®. The honor is a testament to the quality of the SHINE®, and shows that its person-centered approach is at the leading edge of the dementia care universe.

In all, the SHINE® program ensures the finest-quality memory care available anywhere, and Aston Gardens communities are among the fewer than 50 communities in the nation that have it!

Why Aston Gardens?

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 dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Plus, Aston Gardens At Tampa Bay also offers one of the area's best values in senior living, with transparent pricing, three-year rent lock protection and no hidden fees.

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



Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

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

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

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

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

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

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

References:

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



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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

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www.hyperbariccentersofflorida.com

Add Rocket Fuel to Your Physical Therapy Results with Next-Gen Technology

The first iteration of physical therapist Jason Waz's Tampa-based clinic was built, like most healthcare facilities, on the traditional foundation of hands-on, manual physical therapy programs. And from the start, Jason knew it was missing something.

Fueled by the goal to put the "care" back in healthcare and not be content with the status quo, Jason began a side mission, which would become his true calling, to uncover new, impactful ways to improve patient outcomes faster, easier and more accurately.

Dubbing his private practice the research and development center for physical therapy technology, Jason went to work trialing various equipment and programs, testing on himself and eager patients in the pursuit of revolutionizing patient care, rehabilitation and development.

Revolutionizing Tradition with Game-Changing Technology

A 2021 McKinsey and Company report noted that healthcare players (like physical therapy clinics) who stay innovative and adaptive will continue to generate optimal patient and facility outcomes and stay ahead of shifting industry trends.

The more Jason and his staff prioritized innovation and quality of care for patients, the more they created a massive differentiator for their practice that delivered better, faster patient outcomes and received more referrals than they ever could have expected.

As more and more equipment and technology proved to be a game-changer for patients, Jason's mission grew to help other physical therapy providers deliver the same results to their patients. Thus NeuPTtech, Jason's optimal health consulting business, was born.

Together, Jason's healthcare ventures, NeuPTtech and Competitive Edge Performance clinics, feature optimal health solutions that have helped hundreds of clinics and thousands of patients get results via efficient, effective physical therapy programs which enhance patient outcomes and serve as a trusted resource and consultant for the most innovative, effective physical therapy practices in the U.S.

Learn more about the next-generation physical therapy programs at Competitive Edge Performance clinics in Tampa, FL that are currently adding rocket fuel to patient results and launching a whole new mission for optimal health and recovery.



CEP's Optimal Health Technology Solutions:

Never before in our decades as care providers has there been the technology available to treat patients from the inside out like we can do now with this optimal health technology. These solutions have very specific, proprietary uses for the novel challenges facing physical therapy practices and patients everywhere:

NEUBIE Device Therapy

The flagship tech featured by NeuPTtech, the NEUBIE device, revolutionizes therapy. The NEUBIE treats patients' neurological functions, allowing them to heal and recover faster via neuro-bio-electric stimulation. This tech can increase local blood circulation, prevent atrophy, prevent deep vein thrombosis and manage chronic pain. Most recently, we're developing promising treatments for Long COVID using NEUBIE technology.

The localized therapy provided by the NEUBIE device is a game-changer for any physical therapy program, with many patients seeing significant results after just one use. This neuromuscular reeducation device assesses the root cause of muscle dysfunction and optimizes neurological function quickly and accurately.

Heart Rate Variability Monitoring

NeuPTtech's Heart Rate Variability (HRV) Therapy system is a handy diagnostic tool to help improve the quality and effectiveness of care in physical therapy practices. Monitor and assess the state of your nervous system with a non-invasive 5-minute procedure that can help therapists guide future treatments and programs based on biofeedback from the circulatory system.

HRV is considered one of the most accurate ways to get a baseline assessment on the health of the Nervous System of Long COVID sufferers. Explore how the variance between individual heartbeats reflects physical therapy progress and can help reveal health concerns through this easy, impactful diagnostic tool.

PEMF Therapy

Pulsed Electromagnetic Field (PEMF) Therapy offers exciting and innovative options in the recovery process. This tool for 30-minute "rest periods" is a great way to wind down from a therapy session and reduce the pain and inflammation of the muscle-building process.

PEMF therapy is an easy addition to any therapy session because its pulsed energy waves trigger the body's natural magnetic field to help recharge cells and biological body processes.

Air Purification Systems

A modern reality for physical training today is how to handle the presence and anxiety of COVID-19. However, PT clinics can stop COVID-19, flu season and any other viral pathogens in their tracks with Aerus ActivePure technology. This helps patients and staff focus more on physical therapy and less on repetitive sanitation tasks.

The Science: ActivePure will reduce 99.9% of airborne contaminants within 60 seconds and reduce the presence of SARS-CoV-2 on surfaces in a matter of hours.

Torque Fitness Systems

NeuPTtech's Torque Fitness Training systems offer several multi-function therapy setups to maximize training options while minimizing space and equipment. These solutions feature physical therapy standards such as stability balls, kettlebells and dumbbells while taking up less of a footprint as a free-standing solution that can also be anchored to walls to provide stability.

Clinics featuring Torque Fitness Training systems get the right equipment, the right layout, the right programming, and the right athletic measurement with the three potential set-ups that have been tested and approved by the NeuPTtech team.

The Future of Physical Therapy is Here in Tampa!

The future of physical therapy is already in Tampa, Florida! It's the fusion of tradition with innovation so therapists and patients can work in tandem to utilize the appropriate programs and technology to deliver the best outcomes possible.

Experience the optimal health technology that will unleash your potential and fast-track your recovery. Visit the Competitive Edge Performance clinic near you or call (813) 849-0150 to learn more.



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LEAVE YOUR LIMITS BEHIND!



Hope and Optimism

By Pastor Timothy Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, "Where then is my hope? Who can see any hope for me?" (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, "May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: "And now these three remain: faith, hope and love. But the greatest of these is love." (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, "...I will go to the king, which is against the law; and if I perish, I perish!" (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)." (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!

PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



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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

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