

TAMPA BAY'S

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

September 2022

St. Petersburg/St. Pete Beach Edition - Monthly

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 **FREE**

## Premium Cataract Surgery with Dr. Mark Arey

See Page 8

## A Patient's Excruciating Back and Leg Pain... Relieved in One Day!

See Page 11

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

See Page 12

## BayCare Named Top Quintile Health System for Fourth Consecutive Year

See Page 6

## The Good and Bad of **Shoulder Labral Tear Surgery**

See Page 7

## Hope and Optimism

See Page 14





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

## Our new patient tower is open.

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



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





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“

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

”

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### Dental Implants



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

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



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# CONTENTS

## SEPTEMBER 2022

- 6 BayCare Named Top Quintile Health System for Fourth Consecutive Year
- 7 The Good and Bad of Shoulder Labral Tear Surgery
- 8 Premium Cataract Surgery with Dr. Mark Arey at Florida Medical Clinic Eye Specialists
- 9 Wisdom Teeth: What You Should Know About Your Treatment Options
- 10 The Link Between Hearing Loss & Alzheimer's Disease
- 11 A Patient's Excruciating Back and Leg Pain... Relieved in One Day!
- 12 Add Rocket Fuel to Your Physical Therapy Results with Next-Gen Technology
- 14 Spiritual Wellness: Hope and Optimism

### CONTACT US

OWNER / ACCOUNT EXECUTIVE

**BOB GUCKENBERGER**

(727) 515-2353

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

CREATIVE DIRECTOR

**SONNY GRENSING**

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

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Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.



# BayCare Named Top Quintile Health System for Fourth Consecutive Year

*St. Anthony's Hospital is one of the hospitals in the BayCare Health System*

**B**ayCare Health System has been recognized once again by a leading, independent survey for excellence in clinical outcomes, patient experience, operational efficiency, financial health and contributions to community health with a focus on equity.

FORTUNE/Merative™ (formerly IBM Watson Health) has listed BayCare in the top 20% of large health systems in the country. This is the fourth year in a row BayCare has been recognized with this honor.

St. Anthony's Hospital is the only BayCare hospital in St. Petersburg. The BayCare Health System includes St. Anthony's and other hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions.

In addition to BayCare being recognized as a health system, St. Joseph's Hospitals (including St. Joseph's Hospital, St. Joseph's Women's Hospital and St. Joseph's Children's Hospital in Tampa as well as St. Joseph's Hospital-North in Lutz and St. Joseph's Hospital-South in Riverview) were named among the nation's 100 Top Hospitals® for the fifth consecutive year and the sixth time overall. With a combined total of 1,336 beds, St. Joseph's Hospitals operate under the same license and make the list as a large community hospital.

"I am proud of our team members and physicians, who continue to deliver extraordinary care to our patients and the communities we serve, and I appreciate the leadership of our community boards of directors in our ongoing pursuit of clinical excellence," said BayCare President/CEO Tommy Inzina.

When Inzina became BayCare's CEO in 2016, he and the BayCare Board of Trustees set a goal to reach the top 20% of large health systems in the country by 2021. BayCare achieved that milestone in 2019 and has maintained the ranking since then.

It was the consistent performance of St. Anthony's and the health system's other hospitals that helped BayCare remain a Top Quintile Hospital System.



*St. Anthony's Hospital, a part of the BayCare Health System, opened its new patient tower earlier this year.*

Merative identifies the top hospitals from a rigorous evaluation of 2,650 short-term, acute care, non-federal hospitals in the U.S. The annual list recognizes excellence in clinical outcomes, operational efficiency, patient experience and financial health. Merative established the list to help identify best practices that may help other health care organizations achieve consistent, balanced and sustainable high performance.

This year's ranking of top hospitals once again includes a measure of hospitals' contributions to community health with a focus on equity. It was developed by a team of experts at the Johns Hopkins Center for Health Equity and the Bloomberg American Health Initiative at the Johns Hopkins Bloomberg School of Public Health.

The hospitals included on the FORTUNE/Merative 100 Top Hospitals list had better results on key clinical and operational performance indicators compared to similar hospitals, according to Merative. These include survival rates, patient

complications, health care-associated infections, 30-day mortality and 30-day hospital-wide readmission rates, length of stay, throughput in emergency departments, inpatient expenses, profitability and ratings from patients.

FORTUNE and Merative note that this year's lists of top hospitals and top health systems in the U.S. "represent those that held up best" against a "gauntlet of COVID-related challenges – a novel coronavirus, supply and business disruptions, workforce shortages." They add that these ongoing challenges "make this year's 100 Top Hospitals list, based on data from 2020, unlike any other in the annual study's 28-year history."

 **St. Anthony's Hospital**  
BayCare Health System

For more information, visit  
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# The Good and Bad of Shoulder Labral Tear Surgery

By Regenxx at New Regeneration Orthopedics

**T**oday'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 Regenxx 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 Regenxx 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

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Orthopedics, one of our Core  
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## 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](http://FMC2020.com). To schedule an appointment, please call us at (813) 284-2323.



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

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

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

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

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

## The Issue with Wisdom Teeth

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

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

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

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

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

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

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

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

## Patients and Referring Dentists

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

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

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

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

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

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

## Patients Always Have a Choice

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

Source:

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

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



### About Dr. José F. Lázaro

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

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

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



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

727.467.2759

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## The Link Between Hearing Loss & Alzheimer's Disease

**T**here 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.

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By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316







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](http://www.nationalinstituteofpain.org), or call them at (813) 264-PAIN (7246).

#### The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)

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



# 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 health-care 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.

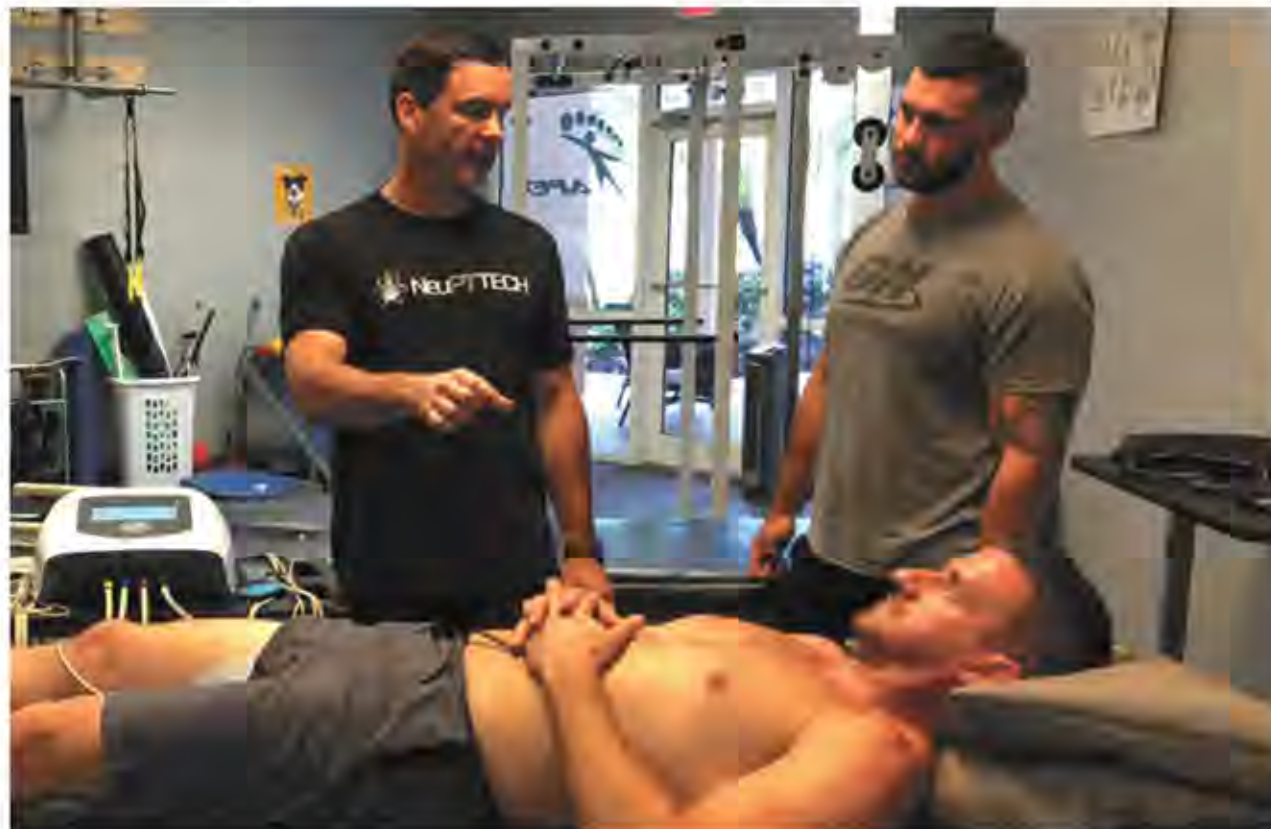
## Revolutionizing Tradition with Game-Changing Technology

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 fasttrack your recovery. Visit the Competitive Edge Performance clinic near you or call (813) 849-0150 to learn more.





# Hope and Optimism

By Pastor Timothy L. Neptune

**H**ope 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!





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# THIS IS NO TIME FOR PAIN

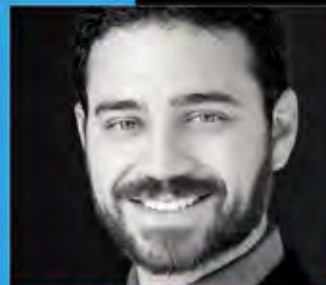
*NON-SURGICAL ORTHOPEDICS*



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOSM



IGNATIOS PAPPAS, DO



LISA VALASTRO, DO

## REGENEXX TAMPA BAY

### Tampa Bay

8600 Hidden River  
Pkwy, Ste 700  
Tampa FL 33637

### St. Petersburg

100 2nd Ave S,  
Ste 904S  
St. Petersburg FL 33701

### Sarasota

2401 University  
Pkwy, Ste 104,  
Sarasota FL 34243

### Orlando

1412 Trovillion Avenue  
Winter Park, FL 32789