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October 2022

St. Petersburg/St. Pete Beach Edition - Monthly

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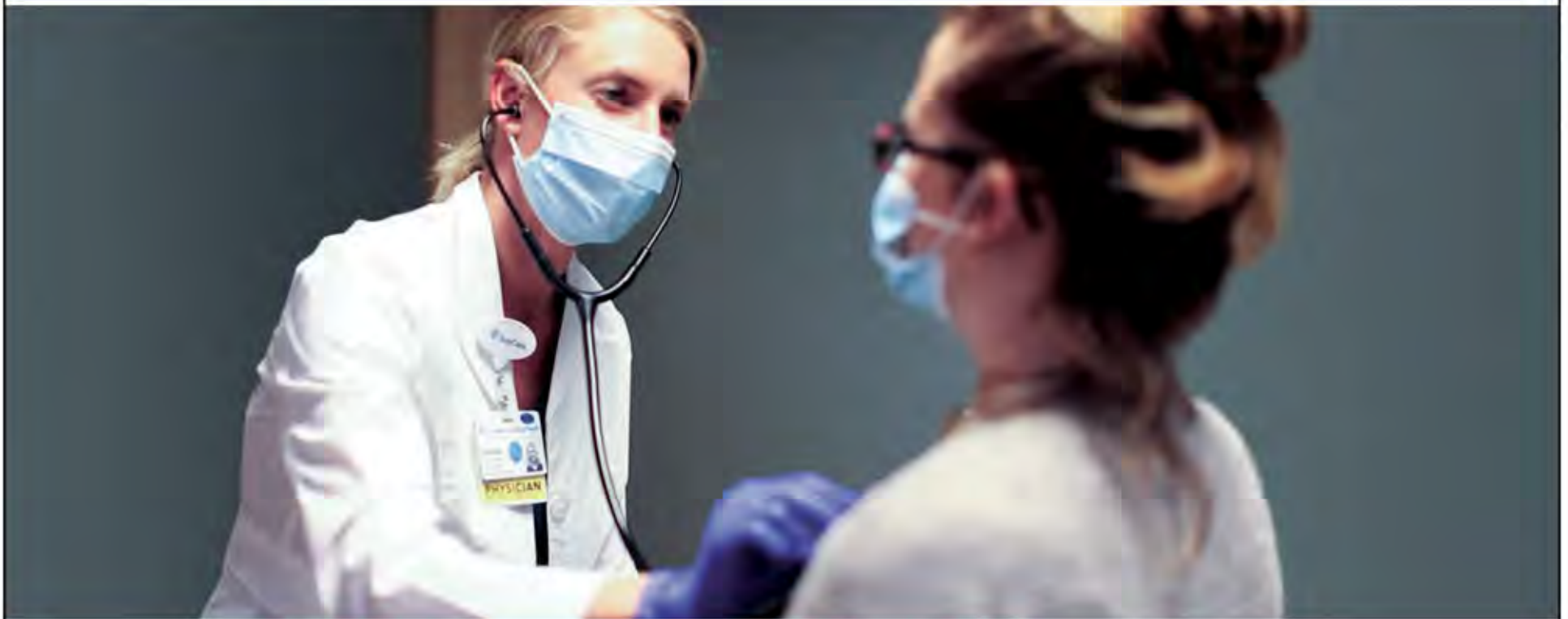


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A Physician Weighs in on Taking Natural Supplements During Flu Season

Although anyone can get the flu, the virus is most unsafe for the elderly, babies, and young children, as well as individuals with weakened immune systems. Getting vaccinated against the virus is imperative and getting the vaccination early will help to stave off your chances of becoming infected before you get the immunization. We're not sure how bad the flu virus may become this season, and for that reason, it's essential to protect you and your loved ones.

Along with traditional medications to prevent and treat influenza, many studied natural supplements can also help prevent and treat the virus.

Dr. Graig Alpert is a family practice physician that offers both traditional and holistic approaches to medicine for his patients' individual needs. We caught up with Dr. Alpert to find out more.

In my practice, I provide traditional medical care and advice, along with more integrative approaches when appropriate.

Some supplements can help patients if they get the flu and prevent the virus or lessen its severity. It's important to talk to your primary care physician before starting a supplement, to make sure they won't interfere with any prescription medications you are taking.

Elderberry: A study done in 2004 with 60 patients aged 18 to 54 purports that flu-like symptoms were relieved four days earlier than in those not taking Elderberry. The patients took the supplement within 48 hours of the onset of symptoms. They took 15 ml 4 times per day, but your dose will vary depending on the concentration of the supplement.

To prevent the flu with Elderberry during flu season or if you were exposed to someone with the virus, taking 10 to 15 ml 2 times per day may help.

Echinacea: A study done in 2000 with 95 patients showed that 1.2grams of echinacea three times per day within 48 hours of symptom onset helped reduce the length of the viral infection compared to placebo.

Zinc: 50mg per day at the onset of viral infection may help reduce duration of symptoms. This is above the upper limit of the recommended dose and should be avoided long term.

Vitamin C: Vitamin C is a well-known antioxidant and boosts the immune system, which can help prevent and reduce the effects of the flu.

Vitamin D: It's become a buzzword in the supplement realm since COVID, but vitamin D can prevent and reduce the flu's severity. Even with all the Florida sunshine, most patients are deficient in Vitamin D.

Traditional Treatments: I'm a proponent of conventional medicine and recommend the influenza vaccine to my patients.

Influenza Vaccine: I recommend the flu vaccine for everyone, unless you've had a severe reaction to it in the past. I especially recommend the vaccine to anyone over 65 years of age and those with weakened immune systems.

Tamiflu: In a 2020 study, 3,266 patients were studied over three flu seasons. If started within 48 hours of onset, patients reduced symptoms by one day more than those who didn't take Tamiflu. Elderly and sicker patients reduced symptoms by 2 to 3 days sooner. Tamiflu can also be used prophylactically to prevent influenza during flu season after a known exposure.

It's also important to incorporate lifestyle choices to prevent the flu and live a healthier life in general. These include the following:

Physical activity: Getting daily physical activity is critical for general health and for stress reduction, which is known to prevent disease and help

individuals fight it off. The American Heart Association recommends at least 150 minutes per week of moderate-intensity aerobic activity per week.

Sleep: High-quality sleep is essential for overall health. Getting 7 to 9 hours of uninterrupted sleep each night is the goal.

Stress reduction: Finding ways to reduce stress through walking, riding a bike, reading, meditating, doing something you love (hobby), and taking time for yourself is critical.

Diet: Dark leafy greens, omega-3 fatty acids, lots of vegetables, lean protein, berries, dark chocolate, and herbal teas are essential for boosting the immune system and living a healthier life. Staying hydrated is also critical. Many people are not getting enough water. Aim to drink half your body weight in ounces. Monitor your urine color if it is yellow then you are not drinking enough.

If you think you're experiencing flu or cold symptoms, BayCare provides convenient access to different care options and services for patients and their families.



Graig Alpert, MD

Dr. Graig Alpert specializes in family medicine with BayCare Medical Group, serving the St. Petersburg, Florida community. Dr. Alpert earned his Doctor of Medicine from the University of

South Florida Morsani College of Medicine in Tampa, Florida. He continued his medical education by completing a family medicine residency at the University of South Florida/Morton Plant Mease Family Medicine program in Clearwater, Florida. Dr. Alpert has always been passionate about helping others. He finds purpose in the relationships he builds with each of his patients and in doing his best to serve their needs. He believes that understanding his patients' goals of care and life circumstances is crucial to the patient-physician relationship. He is certified in basic life support, advanced life support and wilderness medicine. Dr. Alpert believes that everyone should have equal access to quality healthcare.



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For more information or to schedule an appointment please visit DrGraigAlpert.org or call (727) 360-1784

PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

Treating Shoulder Pain Successfully with Radiofrequency

Paula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.

Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

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an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from nerve back pain.

Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



Dr. Sunil Panchal

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of 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 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 Most Common Causes of Cartilage Loss

By: Regenexx at New Regeneration Orthopedics

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Regenerative medicine can improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using regenerative medicine in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving an injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient’s insulin-response system that can break down cartilage. This is referred to as “metabolic syndrome.”

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or bone marrow concentrate procedures.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and bone marrow concentrate, in our clinical experience, can help reduce instability whether the ligament is loose or torn (partial or non-retracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDS, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage. While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and bone marrow concentrate seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.

Experiencing pain from cartilage loss? Find out what Regenexx at New Regeneration Orthopedics can do for you at www.newregenortho.com.



MEET THE DOCTORS



James Leiber, D.O. – is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

In 2012, Dr. Leiber was the first to offer Regenexx in Florida and began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



Ronald Torrance II, D.O., FAOSM – Fellowed in Sports Medicine and co-author of Exercise 2.0 for Regenexx and author of the 2018 best paper of the year on The Concussed Athlete. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete. Dr. Torrance spends time with his wife and two children as well as lecturing and instructing throughout the country.



Ignatios Papas, D.O. – Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



Lisa Valastro, D.O. – Specializes in Physical Medicine and Rehabilitation with a focus on regenerative medicine via orthobiologics. She received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania, and her Physical Medicine and Rehabilitation training at Albany Medical Center in Albany, New York. In her spare time, she enjoys hiking, kayaking, weight lifting and volleyball.

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

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The NEUBIE Reinvents Physical Therapy Rehab By Balancing Nervous Systems

(This article is printed with permission based on content and research created by NeuPTtech, an industry-leading physical therapy technology consultant.)

Does pain ever hold you back? Does it prevent you from playing with your kids and doing activities that you love? You've probably tried putting ice on your injury or taking Advil as often as possible – maybe you've even had a surgery to help repair the damage.

Those approaches may garner some results and solve for the moment, but unfortunately, they're only looking at half of the equation – the muscles. The problem is that your muscles answer to a higher power – your nervous system.

The nervous system signals to your muscles to tighten or relax. It's also what creates pain signals when things go off course. Massaging, stretching or using a foam roller may deliver a brief relief, but that tension and pain will come right back because the signal is still the same.

So, how do we reeducate the nervous system to send new signals? What if there was a way to change the underlying signal to those muscles to eliminate pain and tightness?

These were the questions posed by NeuFit that led them to design the NEUBIE machine, a technological breakthrough for the physical therapy industry that is changing the world of rehab as a neuromuscular reeducation system!

The NEUBIE's "Inside-Out Approach" to Physical Therapy

Upon learning about the NEUBIE and becoming the first physical therapist to bring it into the private practice, Jason Waz, owner of Competitive Edge Performance Physical Therapy clinics in Tampa, Florida, said:

"In my 25 years as a physical therapist, I have never come across a device or technique more effective at getting quick, impactful results for patients than the NEUBIE e-stim device."

The NEUBIE helps healthcare professionals understand what is happening inside their patients rather than rely on perceived or reported physical ailments. Waz and his fellow clinicians can pinpoint



exactly on their patient's body where neurological signals are dysfunctional (with 100% accuracy) and then reprogram them so that those areas perform like they're supposed to.

That's why the NEUBIE is being called a "new paradigm for soft tissue rehabilitation."

What makes the NEUBIE different?

Simply put, this electrical stimulation therapy takes an opposite approach to conventional e-stim devices that simply offer alternating currents to affect change in the neuromuscular system. Instead, NEUBIE combines two waves (allowing a direct current (DC) while avoiding the skin burns typically following the use of DC) to optimize the neurophysiological effect on the patient without causing the user to be locked up or frozen by muscular co-contraction.

In the end, this evolution of the traditional electrical stimulation machine promotes eccentric contractions which absorb force, improve performance, protect joints and reduce injury. By optimizing neurological function, the NEUBIE helps you heal faster, recover from chronic pain easier and improve overall performance and mobility.

Similarly, while other e-stim technologies trigger stress responses in a patient, the NEUBIE promotes a higher parasympathetic nervous system (PNS) tone and has extensive clinical evidence showing an increase in heart rate variability (HRV).

When combined with the appropriate protocols, this technology can maximize neurological function in physical therapy patients. Similarly, since the nervous system controls everything from muscle movement and blood pressure to metabolism and pain, the results achieved can be far-reaching.

CEP reports instances where patients have been able to cut down recovery time by 80% and recover from torn muscles in just 2-3 weeks.

Comparing the NEUBIE with Traditional E-Stim Therapy

Several distinctions can be made between the NEUBIE and traditional electrical stimulation therapy, but the most important is the waveform that is used. This unique waveform has a neurophysiological effect, which allows it to produce such impressive results that may not be possible with traditional devices.

Almost every other electrical stimulation device uses an alternating current. When the devices are turned up to higher levels, they can negatively affect the patient's neuromuscular system – causing protective co-contractions.

While E-Stim Therapy can provide benefits by mechanically pumping blood and other fluids, it can actually cause more problems with the neurological control of movement. Traditional e-stim devices reinforce dysfunctional or compensatory movement patterns that can prevent your body from healing properly and add to the painful cycle of chronic pain. Likewise, e-stim can minimize movement efficiency and reduce the mobility of your patients.

The NEUBIE is engineered to use Pulsed Direct Current, so the NEUBIE electrical stimulation method has the opposite effect! This technology solves the problem of skin burns that used to occur with direct current, and it can preferentially send afferent signals.

This ability allows the NEUBIE to preferentially produce sensory, afferent input while producing less motor output. The central nervous system will then respond to this signal by relaxing or fighting against it, and this is the foundation for many neurological reprogramming protocols.

| ELECTRICAL STIMULATION | ALTERNATING CURRENT | NEUBIE WAVE CURRENT |
|----------------------------|---|--|
| NUMBER OF DEVICES | Almost all | The NEUBIE |
| TYPE OF CONTRACTION | Concentric | Eccentric |
| NEUROLOGICAL SIGNAL | Motor | Sensory |
| EFFECT ON FUNCTION | Create excessive tension and inefficient movement | Promote effective coordination between opposing muscles |
| EFFECT ON REHAB & RECOVERY | Sometimes minor, none | Accelerate recovery by 50-75% for most injuries, surgeries |

Traditional Electrical Stimulation vs. the NEUBIE Electrical Stimulation

The NEUBIE Device Improves Athletic Performance

In terms of training and sports rehabilitation, the NEUBIE device has played a large role in improving the overall performance and recovery of athletes, from recreational to professional level. The NEUBIE has even found its way into the training rooms of championship teams from the NBA, NHL, MLB and more.

The FDA cleared the NEUBIE as a Class 2 Medical Device to be used for the following clinical applications:

- Maintaining or increasing range of motion
- Increasing local blood circulation
- Neuromuscular Re-education – enhancement of muscle recruitment and activation of the individual being treated
- Preventing atrophy – reducing spasms, preventing venous thrombosis after surgery
- Management or relief of chronic pain and management of post-surgical and post-traumatic acute pain

Consider this case study from Waz’s Competitive Edge Performance clinic in Florida. When a local, elite CrossFitter patient faced imminent back surgery, it would take the latest in emerging PT technology and just four treatments to save her spine and get her back(flipping) in no time.

Breakdown of Physical Therapy NEUBIE Treatments and Results:

- **Session 1:** She was unable to bend to touch mid thighs and suffered from radiating leg pain and weakness. Surgery was imminent.
- **Session 2:** Unsolicited, she performed forward flexion and could touch the floor with her hands. She was now pain free.
- **Session 3:** She could resume light workouts with resistance and had no more symptoms.
- **Session 4:** She was back to doing backflips – completely symptom free!

Competitive Edge Performance’s patient has now turned into one of their biggest practice evangelists and NEUBIE enthusiasts thanks to the recovery she experienced.

The NEUBIE Activates the Potential of Athletes

This physiologically-based system is designed to help athletes achieve greater levels of neurological activation and control in order to heal faster, get fitter and perform better.

That leads to real-time results for athletes looking for big gains on and off the field, including:

- Reducing their typical healing time by 30-70%
- Getting in shape faster by building muscle and burning fat in fewer workout sessions
- Pushing through plateaus in performance by targeting the weak links in their nervous system
- Recovering faster by rebooting their nervous system, reactivating their muscles, reprogramming movement patterns and regenerating their weary body
- Move pain free by rewiring dysfunctional neurological signals

If you are looking for a faster path to improve athletic performance, consider adding the NEUBIE to enhance your sport gains and recovery.

Using the NEUBIE to Improve Gait and Movement Issues

Physical therapy and sensory stimulation is the preferred intervention for effectively improving the gait in patients with Parkinson’s Disease (PD). Thanks to its ability to reeducate neuromuscular systems, the NEUBIE e-stim machine is quickly becoming the sensory stimulation device of choice for physical therapists all over the country.

In fact, the combination of electrical stimulation, physical therapy and balance interventions are reaping great results for patients suffering from several neurological disorders including Parkinson’s Disease, stroke and dementia. This news comes from a recent study published in the *Archives of Physical Medicine and Rehabilitation* which was brought to our attention from fellow PT, Jeremy Bittel.

At NeuPTtech and across our Competitive Edge practices, we’ve seen the overwhelming challenges of Parkinson’s Disease for those afflicted, and know that the fatigue and exhaustion caused by movement issues can seriously hamper one’s quality of life. However, like other fatigue-based injuries and stresses, the application of electrical stimulation therapy, such as the NEUBIE device, can provide some necessary, long-term relief. Plus, when paired with heart rate variability assessments, it becomes instrumental in combating Long COVID symptoms.

The NEUBIE’s “Master Reset” Procedure to Treat Long COVID

As reported in past publications, research and insights are available to reduce the long-term effects of COVID-19 and the NEUBIE is on the cutting edge of treating this novel affliction. Waz and his team look forward to educating patients on the **Master Reset with the NEUBIE which increases the body’s capacity to adjust between sympathetic and parasympathetic nervous system recruitment and normalizes the inputs the nervous system is receiving.** This optimal health technology and the Tampa clinic’s ground-breaking approach will effectively uplift and treat patients suffering from Long COVID.

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



Alzheimer's Disease & Brain Health

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

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

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

Interventional Research

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

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

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

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

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



Diet

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

Aston Gardens offers a memory care facility on their Tampa Bay Campus.

Aston Gardens

Aston Gardens is also one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

Aston Gardens At Tampa Bay is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-343-4673 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



Wisdom Teeth: What You Should Know About Your Treatment Options

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

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

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

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

The Issue with Wisdom Teeth

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

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

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

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

Why You Might Need to Have Your Wisdom Teeth Removed

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

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

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

Patients and Referring Dentists

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

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

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

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

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

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

Patients Always Have a Choice

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

Source:

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

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



About Dr. José F. Lázaro

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

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

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



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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!

LIVING FROM CANCER

Paula Swift, CHTP

LivingFromCancer.com
Paula@LivingFromCancer.com





We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

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- 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
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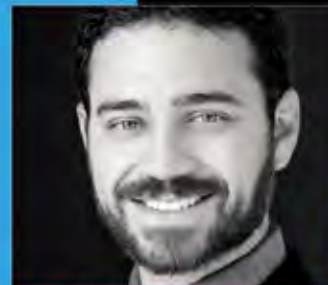
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