

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

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Pasco/North Tampa/New Tampa Edition - Monthly

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FREE 

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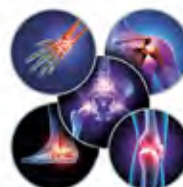
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What to Expect from This Year's Flu Season

By Shiva Tadakal, MD

Many assume this flu season will be mild because the 2021-2022 season had fewer cases than most recorded years before, but unfortunately, that assumption is wrong. Last year's influenza cases were significantly less than in other years due to the stringent COVID-19 precautions most individuals took, such as wearing a mask, social distancing, and staying home if ill or exposed to the COVID virus.

I advise my patients not to be complacent, take precautions, and be prepared for a flu season that might likely have higher in cases due to more public interaction than that of the last two years, as well as many individuals not taking this flu season seriously enough and causing a widespread viral infection.

Who should be most concerned with the risk of getting the virus?

Everyone should be on alert and try to mitigate influenza transmission. Folks with chronic medical conditions, immunocompromised issues, and the elderly are at very high risk of not only catching the flu but also having more severe illnesses, which can potentially cause death. That's one of the primary reasons influenzas should never be taken lightly.

Prevention as far as hygiene

If individuals would consider preventative guidelines similar to COVID precautions, that's the optimal way to reduce the spread of the virus. These include, washing your hands often, wear a mask if you are immunocompromised or not in great health, and use sanitizers and disinfectants. Also, if patient's have early symptoms, they should rest and isolate from school, work, or other crowded areas, and wear a mask if they must go out.

Getting vaccinated

Everyone aged, 6 months and older that can get the influenza vaccine should be vaccinated. Those who are allergic to eggs, with severe reactions such as anaphylactic shock should avoid the flu vaccine. If a patient is allergic to eggs, but only has a slight rash or stomach issues, they should be at minimal to no risk in getting the vaccination.

If it's the first time you've ever had an influenza vaccination, you will need 2 doses within a few weeks of each other. If you've had the vaccine before, you only need one injection this season. The best time



to get the vaccine is September or October, but it's never too late. It only takes 1 to 2 weeks for the effect of the vaccine to take place. Getting vaccinated after October will still provide protection from the virus through the flu season.

COVID-19 and the Flu Vaccine

Patients can receive both the influenza and the COVID vaccine together. Getting a COVID booster with the flu vaccine is also acceptable.

Treatment

Currently, there are three antiviral drugs recommended for treating the flu: **oseltamivir (Tami-flu®)**, **zanamivir (Relenza®)**, and **peramivir (Rapivab®)**. If you have symptoms, please talk to your healthcare provider immediately. The treatment for influenza must be started within 48hrs of symptom onset. Resting and drinking plenty of fluids is also important to allow the body to heal.

Staying healthy is about lifestyle choices. These can help prevent or reduce the severity of the flu virus. These lifestyle measures include:

Healthy diet

- Eat lean protein, fruits, vegetables, limit processed foods, saturated fats, and sugar.

Regular exercise

- Studies show that regular exercise at 20 minutes+ of cardiovascular exercise evokes less respiratory infections.

Quality sleep

- Getting 7 or more hours of uninterrupted sleep can help boost immunity.

Limit alcohol and smoking

- Along with multiple health risks, both substances are known to decrease immunity.

CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.² Influenza should not be taken lightly. If you or someone you know needs the flu vaccine, make an appointment, or stop by our multiple locations that offer the vaccine on a walk-in basis.

References

1. CDC, Center for Disease Control and Prevention, Disease Burden of Flu, <https://www.cdc.gov/flu/about/burden/index.html>
2. CDC, Center for Disease Control and Prevention, Frequently Asked Influenza (Flu) Questions: 2022-2023 Season, <https://www.cdc.gov/flu/season/faq-flu-season-2022-2023.htm>

About Dr. Shiva Tadakal



Dr. Shiva Tadakal specializes in family medicine with BayCare Medical Group. He earned his medical degree from JSS Medical College in Mysore, Karnataka, India. Dr. Tadakal furthered his medical education by completing a family medicine residency at the University of Arkansas for Medical Sciences in Little Rock, Arkansas. Dr. Tadakal is a dedicated and accomplished physician who serves the Wesley Chapel area. He looks forward to meeting with you and providing the best in care. He takes a thorough and precise approach to his consultations to ensure that he is consistently giving accurate diagnoses. He is a member of the American Academy of Family Physicians. He also speaks Hindi, Telugu and Kannada.

Dr. Tadakal furthered his medical education by completing a family medicine residency at the University of Arkansas for Medical Sciences in Little Rock, Arkansas. Dr. Tadakal is a dedicated and accomplished physician who serves the Wesley Chapel area. He looks forward to meeting with you and providing the best in care. He takes a thorough and precise approach to his consultations to ensure that he is consistently giving accurate diagnoses. He is a member of the American Academy of Family Physicians. He also speaks Hindi, Telugu and Kannada.



For more information or to schedule an appointment please visit DrShivaTadakal.org or call (813) 920-1800.

Alzheimer's Awareness Month: PREVENTION

The number of individuals with Cognitive issue like Alzheimer's is staggering. Nearly 6 million people in the US have dementia and if we don't start taking prevention more seriously, that number is expected to grow exponentially.

Diet and Nutrition

Eating a healthy diet such as the Mediterranean or Dash diet has been proven to increase cognitive function. These diets include a large emphasis on cold-water fish, vegetables, berries, nuts, olive oil and antioxidants, phytonutrients, other healthy fats. Eating a colorful plate of vegetables like purple cabbage, broccoli, leafy greens, carrots, sweet potatoes, tomatoes, and blueberries paired with healthy fats like olives, walnuts and fatty fish like salmon or mackerel, will feed your body and brain with what it needs to thrive.

Exercise

Exercise is critical for brain health. Just a few minutes a day shows marked increases in oxygen uptake in the brain as well as increasing blood flow. As we age, we should continue to exercise and increase our cardiovascular endurance. Getting help from a trainer, physical therapist, and also checking in with your physician is important.

Sleep

Getting a good night's sleep is critical for optimal health. The side effects and Complications Associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. Getting 6 to 9 hours of good quality sleep is critical.

Socialization and Community

It's important to have a strong social network of people to enjoy life with you. Our personal communities should be our safe haven, where we engage, and support one another. If you don't have a strong social network, it helps to join a club, yoga class, art class, attend town meetings or volunteer. Zoom and facetime, or even a phone call are great ways to incorporate socialization if you can't meet face to face.

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.

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

SHINE® Memory Care

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

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

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

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

Why Aston Gardens?

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

Aston Gardens At Tampa Bay is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Plus, Aston Gardens At Tampa Bay also offers one of the area's best values in senior living, with transparent pricing, three-year rent lock protection and no hidden fees.

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



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



BREAST CANCER. LET'S START WITH THE GOOD NEWS!

A cancer diagnosis of any type is frightening, but for women, breast cancer is especially scary. Increasingly, there is good news when it comes to breast cancer.

Breast cancer death rates have decreased steadily in the past 20 years, thanks to better screening and early detection, increased awareness, and continuous advancements in treatment options. In fact, there are over 3.8 million breast cancer survivors in the United States!

One in eight women will develop breast cancer in their lifetime. It is the most commonly diagnosed cancer among American women, except for skin cancers. Although rare, men get breast cancer, too — nearly 3,000 American men are estimated to receive a breast cancer diagnosis this year.

There are many subtypes of breast cancer, and each must be treated differently. Scientific advances in screening, genetic testing, immunotherapy, and other targeted treatments continue to transform the way breast cancer is diagnosed and treated. For example:

- Genetic testing can detect specific mutations unique to each patient. This enables doctors to personalize treatment that is most appropriate for that particular cancer.
- Immunotherapies boost or change the body's own immune system to work harder and smarter to find, target, and attack cancer cells.
- New drugs, including some that block certain types of proteins, are showing great promise.

What exactly is breast cancer?

Breast cancer starts when normal, healthy cells in the tissues of the breast become changed or altered and begin to grow out of control. A build-up of these cells often forms a mass of tissue called a lump, growth or tumor. These cancer cells have the potential to get into the blood or lymphatic system and spread (referred to as metastasize) to other areas of the body. Breast cancer can occur in one or both breasts and can start from different areas of the breast.

What are the risk factors and who is most at risk?

While researchers don't know exactly what causes breast cancer, being female and getting older are the greatest risks. The American Cancer Society estimates that 12% of American women will develop breast cancer by age 85.

The risk nearly doubles if a woman has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. If you have a family history, you may want to discuss genetic testing with your doctor.

Our genes, lifestyle, and the environment around us may raise or lower our risk of getting many types of cancer. Many risks, such as obesity and alcohol use, can be moderated through healthy lifestyle choices.



Is screening for breast cancer important?

*Absolutely yes!
Early detection
can be a lifesaver.*

Many women with breast cancer have no symptoms, which is why regular screening is so important. Simple screening tests can detect breast cancer early, even before symptoms appear.

In its earliest stages, where the cancer is localized and has not spread outside of the breast, the five-year relative survival rate is 99%, according to the American Cancer Society. Sixty-one percent (61%) of cases are diagnosed at this stage.

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. That is certainly the case when it comes to breast cancer. The earlier cancer is detected, the easier it is to treat — and patients likely will have a more positive prognosis.

What are the recommended breast cancer screenings for women?

Mammograms, low-dose x-rays of the breast, are the best test physicians have to detect changes in the breast and find breast cancer early. An abnormal mammogram does not always mean that cancer exists, but follow-up tests may be necessary to get more details.

The American Cancer Society recommends these general guidelines for women with no family history of cancer:

- Yearly for women ages 45 to 54 (or at age 40 if they wish)
- Every two years for women ages 55 and older*

* The American Cancer Society recommends that women continue mammography screening "as long as their overall health is good and they have a life expectancy of 10 years or longer."

Mammograms are not routinely offered to men and may be difficult to perform if there is a small amount of breast tissue.

Rates of breast cancer vary among women and men of different ages and ethnicities. It's important to become familiar with how your breasts normally look and feel, and report any changes to your health care provider right away. Routine physicals and an annual Ob-Gyn visit for women are recommended.

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

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



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Dr. Sunil Panchal

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

Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The National Institute of Spine and Pain

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3 WAYS TO MAKE SURE YOU STAY PAIN-FREE FOR YOUR 5K RACE

By Regenxx at New Regeneration Orthopedics

Let's Get Started!

Our Regenxx at New Regeneration Orthopedics team is getting excited to take on the St. Pete Run Fest November 11-13, 2022. Not only are we your title sponsor for the Half-Marathon, but we have our team members looking forward to running the half marathon, the 5k or the 10k that weekend. A lot of us have been following the Couch to 5k plan we outlined several weeks ago. Now that we are a few weeks out from race day, it is a perfect time to revisit some of the strategies we had shared in last year's post: *St. Pete Run Fest Debrief: Common Running Injuries*. This article outlined the most common injuries we had seen in runners after the 2021 races.

In the spirit of prevention, we wanted to revisit the **three best ways to make sure you have a happy, healthy, fun, and pain-free race** this November!

The three best ways to prevent injury in a race are:

- 1 Proper Running Mechanics
- 2 Proper Footwear
- 3 Ramp-Up and Running Volume

Let's dive into each of these reasons to help indenting which might resonate with your situation if currently nursing a running injury, or looking to have a successful race day. After all, Ben Franklin says it best "an ounce of prevention is worth a pound of cure."

Proper Running Mechanics

The common reason for injury, improper running mechanics, is one of the most prominent causes of pain and injury when running because of the sheer repetition of the sport. If your gait has a hitch in it, that can lead to specific injuries. In the office, it is very important for a skilled clinician to look at a runner's walking and running gait to assist in finding the root cause of the issue. Sometimes you



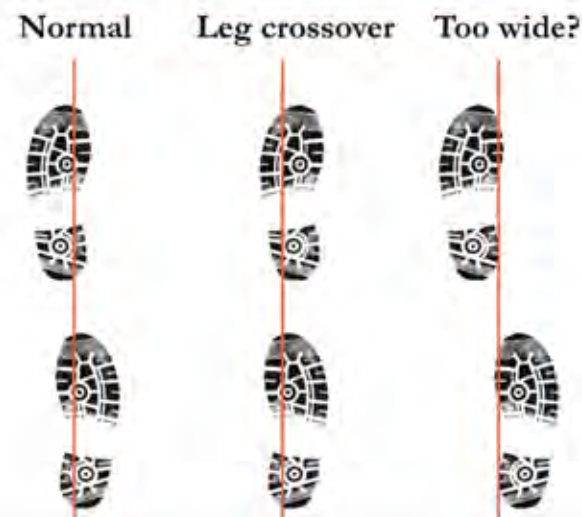
see a runner and you can tell their gait looks "painful", laborious or wild, or simply "not right", but here are actually some more subtle aberrations to a runner's gait that can cause some of the worst injuries we see. What happens in a foot strike determines what happens in every joint north of the foot. Your foot strike affects the big toe, ankle, shin, calf, knee, and so on. If you have flat feet or high arches that could affect how your foot strikes.

Where your foot lands on the ground relative to your body matters. Some runners over stride, or heel strike.



Some runners have a cross-over gait, meaning that their legs come closer to midline with each step rather than staying stacked under their hips.

What Leg Crossover Looks Like



All of these gait variations can cause overload in certain tissues or joints leading to injury, and can specifically help guide to the root cause of your pain. A skilled clinician can help you know which one of these might be you, so you can work to correct the problem.

If you have had any pain in your foot, ankle, knee, or hip when training for a race, you could reach out to a Regenxx to schedule a visit to assess these areas, or visit one of our local therapy partners like Back 2 Normal or Love Health to have your gait assessed, to check for muscle imbalances, and to gain self-care strategies to stay healthy and pain-free.



Proper Footwear

Footwear is an important part of having a healthy running experience that isn't riddled with starting and stopping your training due to injury. However, people always ask, "What's the best running shoe?" There isn't just one straight answer to this question that applies to everyone. The best reply is, "The best shoe for you is the last known shoe you've had no injuries in." In fact, there are shoes that are en vogue that might not be the best shoe for you.

Now, there are some shoes that we genuinely dislike. Some shoe designs go against what we know about mechanics and can contribute to injuries. For example, the new carbon-fiber plate technology in the forefoot of shoes are not a favorite of mine because it makes a shoe rigid where we need flexibility, mechanically speaking. Unless you are a world-class runner with no confirmed gait aberrations, this shoe is not the best for training or racing and staying pain-free.

Another thought about running shoe trends is the focus on "zero drop." Unfortunately, the emphasis on using a "zero drop" shoe is too prominent when most people need to work up to being able to wear this type of shoe. A zero drop shoe, or when a shoe with an elevation change from toe to heel equals 0mm, requires a great amount of ankle flexibility and foot strength to manage. It takes time, stretching, and strengthening to be able to run miles in this type of shoe.

We frequently get asked a lot of questions around insoles for shoes. The main question is, "Do you think I need insoles?" The answer usually is, "it depends." In general, we are minimalists when it comes to the level of insole intervention and love an insole like Superfeet. They have a fantastic online quiz that helps match you to the perfect type of insole for the type of support you might need.

If this conversation around footwear piques your interest or raises questions on if you're in the right shoe, it's a great option to go to a running specialty store like Fleet Feet, Fit To Run or St. Pete Running Company. These footwear professionals are a great help in getting you fit for a shoe and/or insole that would prevent injuries based on your foot's structure and your gait pattern.

Appropriate Ramp-Up and Running Volume

This leads us to our third injury-prevention strategy: appropriate ramp-up to a large running volume. It is very important that you gradually increase mileage as you shoot for a race goal. There is a reason most race training plans span 12+ weeks – because it takes that amount of time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	12 Minute Long Run
2	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	18 Minute Long Run
3	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	Rest or Cross-train	26 Minute Long Run
4	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	Rest	Run 5K!

to safely build a running base. Generally, training plans increase the mileage by about 10% each week, and provide a "peak" in training that is a few miles more than the goal race. An example of a peak in training is running 7 or 8 miles as a long run two weeks before a 10k, or 6.2 mile, race.

Sometimes people sign up for races and time gets away from them and they aren't able to follow a training program and they run, say a maximum of 3 miles for a 6 mile race. This person is more prone to get injured because their body hasn't seen that volume before. It is important to get miles under your feet to prepare for your target race. There is simply just no way around it!

If you haven't been following a plan to prepare you for the St. Pete Run Fest, you have a few weeks to get some miles under your feet! See below for a four-week 5k prep plan to tackle from now until the St. Pete Run Fest weekend on November 11-13, 2022.

So, if you missed the memo on the details for mechanics, footwear, or racing ramp-up and you're down with a sore foot, shin, or knee, Regenexx at New Regeneration Orthopedics can help get you back out there running. See you out there!

If you have any questions or concerns with a chronic pain, do not hesitate to contact us. Our experts will be happy to help you get back to doing what you love!

Images:

- 1 <http://www.teamchiroames.com/blog/the-ideal-running-gait-focus-on-foot-strike>
- 2 <https://www.runandbecome.com/running-product-advice/know-foot-strike>
- 3 <https://runnersconnect.net/diagnose-running-knee-injuries/>
- 4 <https://runsmarter.online/running-technique-step-width/>
- 5 <https://marathonhandbook.com/couch-to-5k-training-plan/>



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

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Emsella for Incontinence and ED + Mona Lisa Vaginal Revitalization... a dynamic duo for sexual health

By Parveen Vahora, M.D.

Urinary Incontinence

In the past, the primary method for dealing with urinary incontinence has been surgery or therapies that can be both difficult and embarrassing. Today the solution is primarily physical therapy with a urinary incontinence specialist showing the patient how to do vaginal exercises to strengthen the pelvic floor muscles. This has proven itself to be an effective treatment, however, many women avoid it because of its intimate nature.

There is some great news for those who suffer from urinary incontinence both women AND MEN. Emsella is an FDA-approved device that uses high-intensity focused electromagnetic technology (HIFEM) to stimulate the muscles of the pelvic floor. It is non-surgical and is performed while the patient is fully clothed and seated in a specialized chair.

Emsella has been touted as the "Kegel throne" because each 30-minute treatment is equivalent to doing more than 10,000 Kegels. It contracts the muscles by emitting HIFEM to stimulate the muscles of the pelvic floor that have become too weak to control urination. Even with physical therapy and being very disciplined in doing Kegel exercises, it would be humanly impossible to mimic this type of treatment and its results.

Proven results can be expected from using Emsella

- According to the company's website, btlaesthetics.com, Emsella patients report a 95% improvement in their quality of life and a 75% reduction in the use of pads.
- Patients often see results after just one 30-minute session. For maximum results, a minimum of 6 sessions are recommended with a minimum of 2 days between each session. Results will, of course, vary by patient and by the severity of muscle weakness.

Emsella Session Details

It is important to note that patients remain fully clothed during their sessions. That is usually a relief to most patients. Secondly, there is no work involved on the patient's part, nor the service provider's once the device has started. The patient simply sits on the "throne" for 30 minutes while HIFEM technology contracts her (or his) muscles 10-11,000 times. Most patients report nothing more than a tingling sensation.

MEN benefit from Emsella also

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men. Emsella has been approved for men suffering from incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

Men will be pleased with the many benefits Emsella affords. The same 30-minute session as the women are sitting through will give them increased bladder control, increased penile rigidity and hardness, increased control over erection, increased time until ejaculation, reduced stress and anxiety, and restored confidence.

Mona Lisa will make you SMILE

The Mona Lisa procedure uses a CO2 laser, much like facial laser treatments used in dermatology offices, to revitalize vaginal tissue and stimulate collagen growth. Dr. Vahora most commonly recommends it for post-menopausal or perimenopausal women. However, it can benefit a wide variety of people, including anyone who is experiencing vaginal itching, irritation, pain with intimacy, vaginal dryness, vaginal atrophy, incontinence, and prolapse. New moms and mothers who've been breastfeeding for a long time can benefit as well. Since it helps reduce dryness and pain during sex, it can improve couples' overall sex life, and Dr. Vahora has seen patients report increased libido as well.

MonaLisa Touch® is a treatment, not a procedure. The treatment is done in the office and doesn't usually require any anesthesia. You'll experience a vibration, not pain. The treatment is over in a matter of minutes. A small probe is inserted into your vagina. The laser energy emitted from the probe "awakens" your vagina which then starts forming new blood vessels, while increasing both collagen and elastin. These two proteins are what help restore elasticity to your vaginal tissues.

MonaLisa Touch's major advantage is that it addresses the reasons vaginal atrophy has occurred rather than just addressing the symptoms. It's longer lasting, non-hormonal, not uncomfortable, has no downtime after the procedure, and only takes three treatments over the course of a few months. It is advised that you refrain from sexual activity for a few days after the treatment.

Gift packages for Emsella and Mona Lisa

You will have to add this info or send it to me. The packages are not listed on her website.

Download our app to learn more about specials and the latest technology in sexual health care. <https://gyn.repeatmd.com>

Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and she offers MonaLisa Touch® for patients who have issues from having children, going through menopause, as well as post-menopausal women, cancer survivors, and those suffering from pain during intercourse or intense dryness or incontinence or prolapse.

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating healthcare practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns.

Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms. She is a woman gynecologist and is well-known in her community for her deep commitment to positive outcomes for her patients. Most importantly, her patients love her because she listens, and her care is highly effective because of that.



Cammie Acevedo, APRN

Cammie is a board-certified Nurse Practitioner with the American Association of Nurse Practitioners. Her academic background includes a Master's degree in Nursing from Chamberlain College of Nursing. Her previous nursing experience includes Labor and Delivery, Mother/Baby, and Trauma/Surgical Intensive Care as well as working as an Advanced Practice Nurse in Family Medicine. With an extensive career in Women's Health, she has a passion for empowering women and she truly enjoys being able to provide high-quality care while improving the lives of women through the promotion of mental, physical, and sexual health and wellness. As a busy mom of 5, she enjoys spending time with her family attending sporting events, and visiting different beaches when she's not providing patient care.

Contact us today to schedule an appointment at Info@ParveenVahoraMD.com or during office hours call (727) 376-1536 or text (813) 548 4412.

To find out more, please visit ParveenVahoraMD.com.

Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

Hyperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

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

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2, 4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹ A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.²

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

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

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

Patient Testimonials

"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."—Rachel W.

"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"—Thomas P.

"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGia."—Tyler Z.

"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."—The Payne Family

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis," UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com



Quantum Technology: Innovative Treatment for Peripheral Neuropathy

BY DR. ROBERT LUPO, D.C.

20 million people have Peripheral neuropathy happens when the small blood vessels, which supply blood and nutrients to the nerves become impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Causes of Neuropathy

- Diabetes
- Chemotherapy
- Injuries
- Autoimmune diseases
- Compressed spinal vertebrae
- Alcoholism
- Cholesterol medication side effects
- Build-up of toxins
- Vascular disease

Traditional Treatments Don't Get to The Root Cause

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Quantum Technology

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

RST Sanexas: Is NOT a TENS unit device

For three decades, RST Sanexas' ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.



In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represents 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and sub-atomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.

Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken post-graduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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

Source: <https://www.rstsanexas.com/science>


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Wisdom Teeth: What You Should Know About Your Treatment Options

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

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

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

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

The Issue with Wisdom Teeth

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

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

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

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

Why You Might Need to Have Your Wisdom Teeth Removed

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

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

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

Patients and Referring Dentists

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

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

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

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

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

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

Patients Always Have a Choice

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

Source:

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

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



About Dr. José F. Lázaro

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

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

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



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Dr. José F. Lázaro

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



Our Services

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

Oral Surgery



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

Dental Implants



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

Wisdom Teeth Removal



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

“

"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.

”



Pinellas Oral Surgery
AND IMPLANT CENTER

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

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

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they



knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



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