

TAMPA BAY'S

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

November 2022

South Tampa Edition - Monthly

[www.healthandwellnessFL.com](http://www.healthandwellnessFL.com)

 **FREE**

**Alzheimer's  
Awareness Month:  
Prevention**

See Page 7

**3 Ways to Make  
Sure You Stay  
Pain-Free for  
Your 5K Race**

See Page 8

**What's Your Diet?**

See Page 14

**The Growing Role  
of Physical Therapy  
Technology In  
Rehabilitation**

See Page 10







# Advanced treatments personalized to you.

Through next-generation sequencing, we take a deep look into your genes to create treatment plans personalized to you.

This provides a road map for immunotherapies that strengthen the way your cells fight cancer. Our patients also have access to the latest clinical trials delivering quality treatment and expertise in communities across Florida. We take care of the big things in cancer care, so you can make the most of the little moments—every step of the way.



[FLCancer.com/LittleThings](http://FLCancer.com/LittleThings)



# We're Tampa's only top-rated hospital named one of America's best five years in a row.

Once again, St. Joseph's Hospital has been named one of the 100 Top Hospitals® in the U.S. by Fortune/Merative™.\*

It's not all about winning awards. In addition to being named a 100 Top Hospital, St. Joseph's Hospital is part of BayCare Health System, ranked one of the top-rated health systems in the country by Fortune/Merative. St. Joseph's Hospital is well known for its advanced medical technologies and outstanding patient care, with more than 70 specialties represented among our medical teams. And that includes doctors who can easily connect you with a top specialist if needed, plus access to the entire network of BayCare physicians, specialists and services. Just a few of the reasons why St. Joseph's Hospital is the better choice for health care. **Learn more: [StJosephsHospital.org](https://www.StJosephsHospital.org)**



**BayCare**

**St. Joseph's Hospitals**

\*Fortune/Merative, formerly IBM Watson Health, is a trusted data, analytics and technology partner that performs a yearly study, ranking the top hospitals in the country based on clinical outcomes, operational efficiency, patient experience and financial health.

Fortune/Merative 100 Top Hospitals study: 2018, 2019, 2020, 2021, 2022; Fortune/Merative 15 Top Health Systems® study: 2019, 2020, 2021, 2022  
100 Top Hospitals and 15 Top Health Systems are registered trademarks of Merative.



# Dental Implants and Oral Surgery in St. Petersburg, Florida

Experienced, Compassionate Oral Surgery and Dental Implants by Dr. José F. Lázaro in Pinellas County



## 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**



## CONTENTS

# NOVEMBER 2022

- 6 BayCare Names New Vice President and Chief Medical Officer of St. Joseph's Hospital, St. Joseph's Women's & Children's Hospitals
- 7 Alzheimer's Awareness Month: Prevention
- 8 3 Ways to Make Sure You Stay Pain-Free for Your 5K Race
- 10 The Growing Role of Physical Therapy Technology In Rehabilitation
- 12 A Patient's Excruciating Back and Leg Pain... Relieved in One Day!
- 13 Wisdom Teeth: What You Should Know About Your Treatment Options
- 14 Spiritual Wellness: What's Your Diet?

## CONTACT US

OWNER / ACCOUNT EXECUTIVE

**SOUTH TAMPA - (727) 515-2353**  
**BOB GUCKENBERGER**  
bobguckenberger@gmail.com

CREATIVE DIRECTOR

**SONNY GRENSING**  
sonny@gwhizmarketing.com

*South Tampa Health & Wellness Magazine* can be found in over 1,000 South Tampa area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE SouthTampa Health & Wellness Magazine in most grocery and convenience stores as well.

**To get your article published and for ad rates, call**  
**South Tampa**  
**Bob Guckenberger - 727.515.2353**

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

## PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Cammie Acevedo, APRN

### SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/  
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

*NOW OFFERING GENETIC  
TESTING FOR MEN*

*INSPIRING WOMEN TO LIVE  
THEIR BEST LIFE BY PROVIDING  
COMPASSIONATE CARE.*

**Call or email to set up your consultation today!**

**727-376-1536**

**Info@ParveenVahoraMD.com**

**www.ParveenVahoraMD.com**

**9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655**

**ADVANCED AND INDIVIDUALIZED CARE**

## NATIONAL INSTITUTE OF SPINE & PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain

## ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

**Sunil J. Panchal, M.D.**

**(813) 264-PAIN (7246)**

**fax: 813-264-7249**

**www.nationalinstituteofpain.org**

**email: appt@nationalinstituteofpain.org**

Whatever the source of your pain,  
you can benefit from visiting the  
Pain Management Center

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



# BayCare Names New Vice President and Chief Medical Officer of St. Joseph's Hospital, St. Joseph's Women's & Children's Hospitals

**B**ayCare has named Sowmya Viswanathan, MD, MBA, MHCM, FACP, as the vice president and chief medical officer for St. Joseph's Hospital, St. Joseph's Women's and Children's Hospitals. She assumed her new role in June 2022.

Additionally, Dr. Viswanathan recently assumed oversight as the interim regional chief medical officer for St. Joseph's Hospital-North, St. Joseph's Hospital-South, BayCare Hospital Wesley Chapel and South Florida Baptist Hospital. She will also provide oversight for the BayCare medical staff affairs functions.

Dr. Viswanathan, who was the group chief medical officer for Tenet Health - Massachusetts and South Carolina Hospitals, is responsible for working with BayCare and hospital leaders to develop and implement policies and procedures to elevate quality assurance, process improvement, clinical operations, strategic direction and medical staff office functions. She also serves as an advocate for BayCare and its physicians with external payers, accreditors, and regulatory agencies.

"We're thrilled to have Dr. Viswanathan join our physician leadership team," said Kimberly Guy, senior vice president and market leader for BayCare's Hillsborough County entities. "She brings a wealth of experience and leadership. Her collaborative style will help achieve our goals and objectives for our hospitals and throughout the system."

Dr. Viswanathan brings more than three decades of experience in quality care, patient safety, and patient satisfaction. In her role with Tenet Health, Dr. Viswanathan was responsible for overseeing all clinical service lines including oversight of academic affairs. She also helped lead physician executives, laboratory leadership, physician quality, patient safety, and hospital-based physician contracting with different entities. She has served as advisor for several strategic initiatives, clinical quality alignment, consolidation and financial savings, and led value-based programs, graduate medical education programs and clinical research endeavors.



"I'm excited to be a part of the BayCare family," said Dr. Viswanathan. "As a physician, I wanted to join a health system that values its health care workers, gives back to the community and strives to provide the highest quality care to patients. BayCare does all that. I'm looking forward to working with physicians and leaders to elevate BayCare's initiatives, clinical operations, financial growth and continued focus on patient quality and safety across all the hospitals."

Prior to her role with Tenet Health, Dr. Viswanathan served in various leadership positions including chief accountable care organizations officer at the Dartmouth Hitchcock Health. Prior to that, she served as regional physician-in-chief at the Southcoast Health, and senior medical director for health plans at the Harvard Pilgrim Health Care &

Network Health. She continued her clinical practice of medicine for more than 20 years and has taught at Harvard School of Public Health.

Dr. Viswanathan received her medical degree from the Madurai Medical College in India, completed residency at the Boston University Residency Program in Boston, Massachusetts, received a master's degree in health care management at the Harvard T.H. Chan School of Public Health in Boston, Massachusetts, and a master's in business administration at the University of Massachusetts.

 **St. Joseph's Hospitals**  
BayCare Health System

# Alzheimer's Awareness Month: PREVENTION

**T**he 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](http://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





# 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 indentifying 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



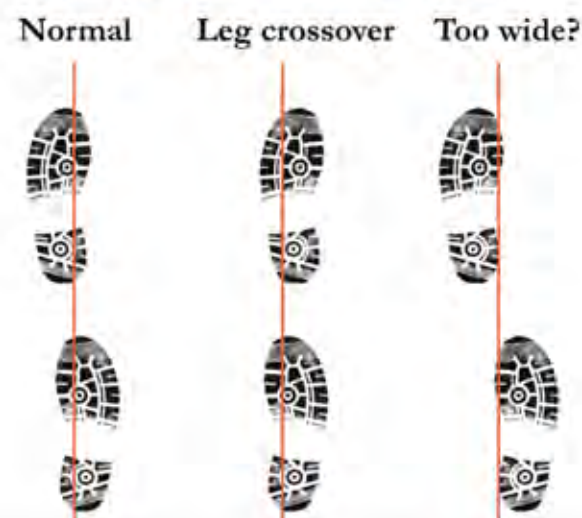
see a runner and you can tell their gait looks "painful", laborious or wild, or simply "not right", but here are actually some more subtle aberrations to a runner's gait that can cause some of the worst injuries we see. What happens in a foot strike determines what happens in every joint north of the 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 FAOASM  
Ignatios Papas, DO | Lisa Valastro, DO

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



**Regenexx<sup>®</sup>**  
At New Regeneration Orthopedics

**Regenexx at New Regeneration  
Orthopedics:**

**813-531-9229**

2401 University Parkway, Sarasota  
8600 Hidden River Parkway, Tampa  
100 2nd Avenue South, St. Petersburg  
1412 Trovillion Avenue, Winter Park



# THE GROWING ROLE OF PHYSICAL THERAPY TECHNOLOGY IN REHABILITATION

**P**hysical therapy has always served the mission of helping patients of all ages and abilities restore lost functionality, strength and movement. It's only the way of helping that has changed.

For decades, this was strictly a hands-on, manual therapy output that relied only on touch to perform particular exercises based on particular ailments. With enough time and the skilled hands of a highly-trained therapist, this could help patients restore functionality and decrease pain.

The physical therapy industry, like most, has seen a substantial shift in the last few years as the introduction of physical therapy technology has helped therapists go beyond the healing power of touch and leverage new hardware and software to improve patient care programs that fast-track recovery and deliver more concise, optimal results.

Among this emerging technology, we're not surprised that the shared trait of tech delivering the best results is that it operates at the nervous system level.

## Physical Therapy Technology: Ever-Improving Patient Care

What we've discovered in years of studying physical therapy technology is that the right tech isn't just an innovation for the clinic - it is a catalyst for continued innovation.

What we mean is this: Once a technology is introduced as a new solution to serve a specific function, users will eventually find other ways to use it to solve additional use cases. This, in turn, spurs new innovations and the end user continues to reap the rewards.

Take, for example, electrical stimulation therapy.

Functional electrical stimulation (FES) is a technology-derived form of therapy. FES uses small electrical pulses applied to muscles to stimulate the selected area and help promote healing. It has been most often associated with patients who have had a stroke, weakened muscle control or other neurological or orthopedic injuries. The goal of the e-stim therapy has always been to help restore motor functions in various circumstances.



Eventually, a new form of e-stim therapy arrived: The NEUBIE. This "innovation on an innovation" replaced alternating currents (which can negatively affect the neuromuscular system with protective co-contractions) with a unique Pulsed Direct Current waveform that positively affects neurological control of movement. Even better, it can pinpoint muscle dysfunction with 100% accuracy to better target recovery through neurological reprogramming protocols with proven benefits for patients suffering from MS, Parkinson's and other limited functionalities.

We saw it again with Heart Rate Variability.

HRV therapy is a great measure of overall health that has only recently become more commonplace in the clinic. Today, that innovation is serving an even bigger purpose as the frontline, real-time assessment of what treatment program is best for Long COVID sufferers. Its application has proven to be an effective and diverse solution for physical therapy.

Even the smartphone has been proven to be an effective example of technology adapted to physical therapy where apps allow data tracking, scheduling, at-home exercise programs, etc. Most physical therapists leverage these apps everyday to improve results with their patients.

The last two years showed us how Teleconferencing is another technological innovation that, originally designed with meetings and work in mind, has been repurposed by physical therapists and healthcare as a whole to meet with patients online and continue physical therapy in contactless ways, often from the comfort of home.

In just a handful of years, we've seen innovation blossom within the industry as more and more physical therapy technology solutions become commonplace in the clinic. Yet, not all private practices are keeping pace and have yet to implement some of this tech for their patients.

CEP Makes Access to Physical Therapy Technology Easier, We look forward to learning more about you.

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

**CEP**  
**COMPETITIVE EDGE**  
PHYSICAL THERAPY  
813-849-0150 | GOCEPPRO.COM



# LIVING WITH **ACHES** AND **PAINS** THAT **LIMIT** YOU FROM DOING WHAT YOU LOVE?

The CEP Physical Therapy Team is  
Here to Keep Our Westchase  
Community Healthy and Active.

If you or a loved one are suffering from **Long COVID**  
symptoms, **contact (813) 352-5413** or **jwaz@goceppro.com**  
and mention *Health & Wellness* to book your free screening.



**LEAVE YOUR LIMITS BEHIND!**

**CEP**  
COMPETITIVE EDGE  
PHYSICAL THERAPY







Dr. Sunil Panchal

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

### Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)  
[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)



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

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

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

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

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

## The Issue with Wisdom Teeth

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

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

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

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

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

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

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

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

## Patients and Referring Dentists

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

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

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

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

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

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

## Patients Always Have a Choice

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

Source:

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

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



## About Dr. José F. Lázaro

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

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

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



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

727.467.2759

[pinellasoralsurgery.com](http://pinellasoralsurgery.com)



# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-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.





# We Are The Right Place To Be Right Now

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

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

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

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

## Accepting New Residents | Call Today!



**813.381.5105**  
AstonGardens.com

12951 W. Linebaugh Avenue, Tampa, FL 33626  
Active Independent Living | Assisted Living | SHINE™ Memory Care



**813.502.1146**  
DiscoveryVillages.com

11330 Countryway Boulevard, Tampa, FL 33626  
Assisted Living | SHINE™ Memory Care

Prices, plans and programs are subject to change or withdrawal without notice. Owned and operated by Discovery Senior Living. Void where prohibited by law. Assisted Living Facility License Numbers: #13328 & #10546. ©2020, Discovery Senior Living, DVW-0047 3/20





# THIS IS NO TIME FOR PAIN

*NON-SURGICAL* ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOSM



IGNATIOS PAPAS, DO



LISA VALASTRO, DO

## REGENEXX TAMPA BAY

### Tampa Bay

8600 Hidden River  
Pkwy, Ste 700  
Tampa FL 33637

### St. Petersburg

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

### Sarasota

2401 University  
Pkwy, Ste 104,  
Sarasota FL 34243

### Orlando

1412 Trovillion Avenue  
Winter Park, FL 32789