

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

December 2022

St. Petersburg/St. Pete Beach Edition - Monthly

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FREE 

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Announces
New CEO**

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



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



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

BayCare Announces New CEO

Stephanie D. Conners, an experienced health care leader who began her career as a nurse, has been named the next chief executive officer and president of BayCare Health System, West Central Florida's largest not-for-profit health care provider and one of its largest employers.

Conners, 50, was selected by the BayCare Board of Trustees following an extensive national search that began in February after Tommy Inzina, BayCare's current CEO and president, announced his plans to retire by year's end. Conners will be the 25-year-old organization's fourth CEO.

Formerly the executive vice president and chief operating officer for Jefferson Health, a large, not-for-profit health care system based in Philadelphia, Conners joined BayCare in October to begin the leadership transition.

"For the board, it was paramount that we find a leader who is committed to BayCare's legacy of mission-driven, community-focused health care," said Rick Colón, chairman of the board. "In Stephanie Conners, we see an engaging and compassionate leader who will lead BayCare into its next era of serving the community's health, our team members and our medical community."

Conners will oversee a nationally recognized health system with nearly \$5 billion in annual revenue, more than 27,700 team members, and relationships with more than 5,800 local community physicians and other providers. Its primary footprint is Hillsborough, Pinellas, Polk and Pasco counties and includes 15 hospitals; a robust ambulatory division; one of the region's largest physician groups, BayCare Medical Group; and one of the state's largest home health services, BayCare HomeCare. BayCare is also the region's largest provider of pediatric and behavioral health services and operates one of the region's few 5-star-rated Medicare Advantage plans, BayCarePlus®.

"I am humbled and honored to lead such a remarkable organization," Conners said. "Its legacy of compassionate care is palpable, and I look forward to helping ensure its future success. It is my personal mission to make a difference in the lives of others."

Conners, a native of Philadelphia, will have a lot in common with many BayCare team members, as she started her career as a bedside nurse before becoming



a trauma nurse and then moving into management and eventually hospital operational leadership. She has spent nearly three decades in health care with both not-for-profit and for-profit providers, building a reputation as an inspirational leader and collaborator in driving the highest safety, service and quality of health care delivery while maintaining fiscal responsibility.

In 2002, Conners accepted her first senior executive role with Tenet Healthcare as chief nursing officer for Hahnemann University Hospital in Philadelphia, a position she held for a decade. She then went on to serve as senior vice president for operations and system chief nursing officer for Robert Wood Johnson University and Bristol-Myers Squibb Children's hospitals in New Jersey, and later, as chief operating officer and chief nursing officer for Cooper University Health Care, a not-for-profit system based in New Jersey. In 2018, she joined Jefferson Health as its chief operating officer.

Conners holds a bachelor's degree from Villanova University and an MBA from Eastern University. She and her husband, Timothy Conners, have four children ranging in age from 13 to 26, and one grandchild.

Conners will become BayCare's leader shortly before it opens its 16th hospital in Wesley Chapel in 2023 and as it finalizes decisions on a 17th hospital for north Manatee County, announced just last month. This expansion comes as BayCare continues to be recognized nationally for clinical outcomes, patient experience and efficiency metrics. In 2022, BayCare is among the top 20 percent of large health systems in the U.S., according to FORTUNE/Merative™, which also ranked BayCare's St. Joseph's Hospitals among the nation's Top 100 Hospitals®.

BayCare was founded on July 1, 1997, by a group of local hospitals committed to ensuring not-for-profit health care continued to serve the region's health care needs. That commitment remains strong, with BayCare returning roughly 10 percent (\$497 million in 2021) of its annual revenue back to the community in the form of direct charity care, patient financial assistance and community programming.



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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IT'S NOT HIP BURSITIS: 3 REASONS WHY YOUR HIP HURTS

By Regenxx at New Regeneration Orthopedics



Think that Hip Pain is Bursitis? Think Again.

Hip bursitis, which is also referred to as trochanteric bursitis, is a condition presenting as pain on the side of the hip. The pain is usually a painful, deep ache that worsens when lying on the side, sitting, or crossing the legs. The bursa are on the side of the hip, where muscles, tendons, and ligaments also attach. The bursae are soft, jelly-like sacs that lay among the structures of the hip. Trochanteric bursitis is when those sacs get inflamed on the hip, from repeated compression. The figure below¹ illustrates a healthy bursa on the left-side of the picture, and an inflamed bursa on the right side of the picture.



Picture depicting bursitis of the hip

Although hip bursitis is a real diagnosis and a possible cause of hip pain, it is actually over-diagnosed and not always the cause of hip pain. In fact, a Harvard Health article states:

...several other conditions can cause similar pain, and require different treatments. "Doctors often assume that pain on the outer side of the hip is due to bursitis. But 90% of the time, it's not bursitis," says Dr. Lauren Elson, a physiatrist with Harvard-affiliated Massachusetts General Hospital.²

Hip bursitis can be over-diagnosed and over-treated. Standard treatment for hip bursitis are cortisone injections, which can create temporary relief, but does not fix the underlying cause.

Our physicians at Regenxx at New Regeneration Orthopedics of Florida perform detailed examinations to identify the root cause of a problem, so the area of issue can be fixed. From our physician's experience, they have seen that patients who come in the office with a previous diagnosis of hip bursitis still have the same pain, even after a cortisone injection, and are even worse off than before the cortisone. Cortisone can weaken the surrounding hip tissues, so can actually lead to worse issues down the road. Read on to learn other non-bursitis reasons your hip could be hurting.

3 Other Reasons Why Your Hip Could Be Hurting Hip Tendonitis

Tendonitis is the inflammation of the tendons of the hip abductor and rotator muscles. These inflamed tendons also can develop calcific changes over time. The calcific changes in chronically inflamed hip tendons cause decreased elasticity in the tendons and can cause a deep ache over the hip. A non-operative regenerative solution for this hip pain at New Regeneration Orthopedics is commonly Platelet Rich Plasma (PRP) that is injected into the inflamed tendon.



Picture depicting tendonitis

Hip Muscle Tear

Small tears in the tendons of the hip muscles can cause pain in the outside of the hip. When the tendon has small tears, the muscles firing capacity weakens, but the repeated load of the muscle contracting on a weakened and damaged tendon leads to a deep pain and ache on the outside of the hip. We successfully treat these types of injuries with PRP or Bone Marrow Concentrate (BMAC).



Picture depicting gluteus medius tear

Tight Muscles

Muscles in the hip and hamstrings can lead to imbalances that cause pain on the outer hip. This case of hip pain can be identified in a physical examination performed by your physician. If they identify your hip muscles are too stiff or tight, but they do not identify any tissue inflammation or damage, they may refer you to perform some simple hip stretches, or visit your physical therapist. However, this type of muscle imbalance, if left unaddressed, can develop into hip tendonitis or glute tears that would require more therapeutic interventions like PRP or BMAC.



Picture depicting muscles in the hip and hamstrings

Strategies for Beating Hip Pain

The following exercises³ address the tight muscles of the hip. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition.

References:

- 1 <https://www.drandedwutton.com/blog/hip-bone-pain/>
- 2 <https://www.health.harvard.edu/pain/think-that-hip-pain-is-bursitis-think-again>
- 3 Physiotec.ca



Glute Rolling

- Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position.
- Roll along your buttock in a front to back motion from your lower back to the bottom of the buttock.
- Maintain your abs tight and proper lower back posture during the exercise.
- Roll for 2-3 minutes. If you feel numbness or tingling at any time, cease the exercise.



Hamstring Rolling

- Sit on a hard surface and put a lacrosse or tennis ball underneath your hamstring.
- Put some weight over the area and roll your body over the ball.
- If you find a tender spot, keep the ball in position then extend and flex your knee.
- Perform for 1 minute on each leg.



Seated Figure 4

- Sit on a chair having one foot over the opposite knee in a figure 4 position.
- Push on your knee to open the leg and straighten your back while you move your upper body forward until you feel a comfortable stretch in your buttock.
- Hold the stretch for one minute.



Hamstring Stretching

- Lie on the floor in a doorway or close to a corner of a wall.
- Place one leg up against the wall, the other is straight on the floor and your buttock is as close as possible to the door frame or wall.



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

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



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



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



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

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

Regenexx at New Regeneration Orthopedics: 813-493-9971

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

- Extend the elevated leg and pull your toe down as much as possible until you feel a stretch behind your thigh.
- Hold the stretch for 2 minutes on each leg.

If you have a hip bursitis diagnosis and would like to get more answers about the root cause of your hip pain, our physicians at Regenexx at New Regeneration Orthopedics would love to perform a detailed evaluation to help identify the cause of your pain.

THE GROWING ROLE OF PHYSICAL THERAPY TECHNOLOGY IN REHABILITATION

Physical 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.



PANCREATIC CANCER

Pancreatic cancer is the 10th most commonly diagnosed cancer in the United States, accounting for about 3% of all cancers and 7% of all cancer deaths, according to the American Cancer Society. Due to various factors, the disease is difficult to detect at an early stage, when it is more treatable.

Understanding Pancreatic Cancer

The pancreas gland, about 6 inches long and located in the abdomen, is surrounded by the stomach, small intestine, liver, spleen and gallbladder. Its two main functions are to aid in digestion and help regulate blood sugar.

Pancreatic cancer begins when abnormal cells within the gland grow out of control and form a tumor. These abnormal cells, or tumors, known as either exocrine (90%) or endocrine, can often spread to other areas of the body, including the liver, abdominal walls, lungs, bones and lymph nodes.

Because the pancreas is located deep in the abdomen, diagnosis is complicated. Tumors of the pancreas can only be seen on imaging studies, such as a computer tomography (CT) scan, magnetic resonance imaging (MRI) or ultrasound. If detected, a tissue biopsy and/or blood test can help to confirm an exact diagnosis.

Signs and Symptoms

There may only be vague signs or symptoms, if any, in the early stages of pancreatic cancer, and some may mimic those of other illnesses. Warning signs can include:

- Jaundice (yellowing of the skin and and/or whites of the eyes) with or without itching
- Change in stools (light-colored stools and/or dark urine)
- Pain (usually in the upper or middle abdomen and back)
- Loss of appetite, weight loss and/or nausea

See your primary care doctor if you experience one or more of these symptoms.

Know Your Risk Factors

Pancreatic cancer does seem to run in some families due to inherited gene changes (mutations) that can be passed from a parent to children. In fact, about 10% of pancreatic cancers are hereditary. Talk with your physician if a first-degree relative (parent, sibling or child) has been diagnosed with pancreatic cancer; genetic testing may be recommended.

The chance of getting pancreatic cancer increases with age; most people diagnosed are over age 60. While the exact cause of pancreatic cancer is not well understood, the Pancreatic Cancer Action Network® cites common risk factors:

- People who have had diabetes for more than five years are more likely to develop pancreatic cancer.



- People who smoke cigarettes are two times more likely to develop pancreatic cancer than those who have never smoked. The risk of pancreatic cancer begins to drop as soon as a person stops smoking.
- Being very overweight increases the chances of developing pancreatic cancer. The risk is even higher in people who are obese during early adulthood.
- People with chronic pancreatitis are more likely to develop pancreatic cancer. Inflammation of the pancreas is common in people who consume large amounts of alcohol for many years.
- Gum disease or tooth loss appear to be linked to the disease.
- Exposure to certain heavy metals and environmental chemicals, including benzidine, pesticides, asbestos, chlorinated hydrocarbons and benzene, among others, may increase risk.
- Black Americans have a higher incidence of pancreatic cancer than other ethnicities.

It is important to note that many risk factors for developing the disease can be reduced by making positive lifestyle choices, such as eating a plant-based diet and staying physically active. Talk with your health care provider for direction on reducing your risks.

Promising Treatment Advances

Surgery, chemotherapy and radiation are standard treatments for the disease, but treatments are determined based on the unique needs of each patient.

Because there is no screening test to detect pancreatic cancer, most patients are diagnosed at later stages, which can limit treatment options because the cancer can no longer be removed with surgery or it may have spread to other parts of the body. If pancreatic cancer is detected at an early stage, when surgical removal of the tumor is possible, the five-year survival rate is 42%.

Scientists are learning more about the genetic changes that cause cancer at a rapid pace. Targeted treatments and new combinations of chemotherapy drugs used with traditional therapies are being studied in clinical trials and continue to show great promise for improving detection, diagnosis and patient survival rates.

World-Class Cancer Treatment

Close to Home

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

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.



Hudson
7651 Medical Drive
Hudson, FL 34667

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14100 Fivay Road
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Hudson, FL 34667

Land O' Lakes
19409 Shumard Oak Drive,
Suite 101
Land O' Lakes, FL 34638

Trinity
9320 State Road 54
Trinity, FL 34655

Wesley Chapel
26823 Tonic Drive
Wesley Chapel, FL 33544

Wesley Chapel Gynecology Oncology
2391 Oak Myrtle Lane
Wesley Chapel, FL 33544

Zephyrhills
38010 Medical Center Ave.
Zephyrhills, FL 33540

Zephyrhills Green Slope
7315 Green Slope Drive
Zephyrhills, Florida 33541

For more information, visit FLCancer.com

Preparing for 2023

It's hard to believe that it will soon be 2023. While many of us are looking forward to waving goodbye to 2022, there are things that you can and should do now to prepare for the new year ahead.

Start scheduling your medical appointments now. Florida is booming, and with all of the new people in town, it can be quite difficult to get in to see your screenings (mammogram, prostate, lung, etc.), dentists, doctor and other specialists' appointments. Don't wait until the last minute. Start calling and scheduling these important checkups now.

Update your investment portfolio. Now is a great time to meet with your broker to discuss any new investments or changes to your portfolio.

Plan your trips soon. Since we are able to travel fairly easily again, start thinking about and planning your trips with friends or family now. Even if it's a local vacation, beating the crowd early is the key to getting exactly what you want.

Implement health strategies now. It's never too early to begin focusing on your health and implementing healthy lifestyle habits like exercise and diet. You certainly don't have to wait until 2023 is official. Start walking, join a group fitness class, find healthy recipes online, and give your kitchen an overhaul with healthy foods.

Plan senior living community tours. If you're contemplating independent living or other senior living options, start researching and touring communities now. Again, with the influx of people into our sunny state, things can book up rather quickly. Make sure to bring your loved one or friends along to get their opinion too.

Enjoying Your Senior Years Comfortably
If you are a senior, you might also want to consider a change in your living arrangements. It's the perfect time to explore the possibilities of leaving the yard work and home maintenance behind. Discover the opportunities that Aston Gardens has to offer.

Aston Gardens is one of the most highly sought-after communities due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized

care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

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

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

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



The Difference
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.

- Amenities**
- Grand Ballroom
 - Elegant Main Dining Room (5-Star)
 - Private Dining Room
 - Elegant Terraces and Outdoor Entertaining Spaces
 - Heated Swimming Pool
 - Lush Landscaping
 - Senior-Equipped Fitness Center
 - Library and Business Center
 - Card and Game Rooms
 - Activity Center
 - Beauty Salon and Barber Shop
 - Lounge
 - Inviting Living Rooms and Common Areas Throughout
 - Mail Room
 - Concierge
 - Full-Time Activities Director
 - Themed Parties and Dances
 - Educational Seminars
 - Craft and Hobby Classes
 - Card and Game Clubs
 - Fitness and Wellness Programs
 - Local Outings Around Town
 - And so much more

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

See why so many people want to call
Aston Gardens their home!

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

How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

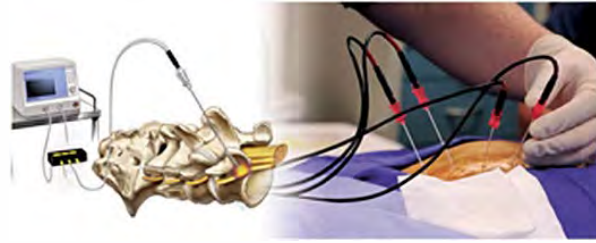
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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 & 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 & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013).

Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Spine & 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).

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It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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!



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THIS IS NO TIME FOR PAIN

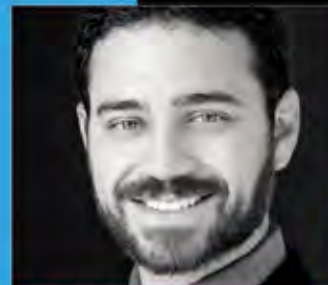
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