

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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South Tampa Edition - Monthly

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f **FREE**

CEP

COMPETITIVE EDGE
PHYSICAL THERAPY

**Physical Therapy
Programs Deliver
Relief and HOPE
for Long COVID
Symptoms**

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RELIEF FOR LONG COVID SYMPTOMS IS HERE IN TAMPA

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Cooling Therapy Gives Oxygen-Deprived Newborns a Better Chance to Thrive

Moments after Titan Latimer was born, he was diagnosed with hypoxic ischemic encephalopathy (HIE), a condition that can occur when the brain fails to receive adequate amounts of blood or oxygen around the time of birth. In Titan's case, his umbilical cord was wrapped around his neck during delivery.

Newborns at St. Joseph's Women's Hospital who experience HIE have a better chance of survival and improved neurological outcomes thanks to a treatment known as therapeutic hypothermia, or cooling. Titan was the first patient at St. Joseph's Women's Hospital to be cooled 10 years ago, and more than 150 patients have undergone the treatment since then.

According to Dr. Alfonso Vargas, medical director of St. Joseph's Women's Hospital's Therapeutic Hypothermia Program, the process works by placing the newborn on a special cooling mattress that carefully brings the baby's temperature down several degrees below normal body temperature. The cooling process continues for three days, while the hospital's neonatologists closely monitor the baby's condition. After 72 hours, the infant's core body temperature is slowly warmed back up to normal.

"Cooling helps to slow down brain metabolism and reduce acid buildup and inflammation occurring as a response to the initial brain injury," Dr. Vargas said. "All of this helps to decrease the likelihood of further brain injury and allows the brain itself to start healing."

During the therapeutic cooling process at St. Joseph's Women's Hospital, there is a one-to-one ratio of specially trained nurses who observe the newborn around the clock. The baby is continuously evaluated by multiple different modalities – head ultrasound and brain MRI, continuous electrical monitoring of the brain with special seizure detection software and frequent laboratory evaluation to name a few.



Dr. Alfonso Vargas, medical director of St. Joseph's Women's Hospital's Therapeutic Hypothermia Program, with 10-year-old Titan, the first patient to undergo cooling therapy at the hospital.

In order to be effective, cooling must be initiated within six hours of birth and Dr. Vargas emphasized that it's critical to get eligible babies started on this treatment as soon as they qualify. St. Joseph's Children's Hospital's *Neonatal and Pediatric Transport* team are able to provide active cooling during transport, whether the baby is transported via St. Joseph's Children's Hospital's Neonatal and Pediatric Mobile ICU ambulance or helicopter.

Today, Titan is healthy, active and thriving. It's a miraculous outcome his mother, Samantha Latimer, said she will never take for granted. He just celebrated his 10th birthday at Universal Studios, a trip he's been looking forward to for months.

"I will forever be grateful to the doctors and nurses at St. Joseph's Women's Hospital for giving my child a chance to have a normal life," said Samantha. "They provided so much emotional support during the hardest time in my life, and never stopped fighting for Titan."

To learn more about St. Joseph's Women's Hospital's Therapeutic Hypothermia Program, visit [BayCareKids.org](https://www.BayCareKids.org).



[BayCareKids.org](https://www.BayCareKids.org)

Senior Living—The New Year's Resolution You're Looking For

Countless people are making New Year's resolutions for change, whether that's living a healthier lifestyle or learning a new skill, but if you are a senior, it's time you found out more about your opportunities for change within your living conditions. Most seniors are tired of doing yard work and home maintenance, and they desire a life that's full of laughter and socializing in the security of a senior community. Aston Gardens is the place many seniors choose to call home.

The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer extensive opportunities and events for their residents to enjoy throughout each day of the month.

Aston Gardens' Independent Living Features Include:

1. No maintenance
2. No more snow shoveling
3. No more yard work
4. Fine dining and chef-prepared meals
5. Convenience to shopping, the arts, sporting events, restaurants, pharmacies, medical care and much more
6. Safety and security of a gated community
7. Ongoing activities and events
8. Friendly staff and fantastic neighbors
9. Fabulous, resort-quality amenities

At Aston Gardens, they offer several options that suit multiple needs for each individual or couple.

Aston Gardens' Senior Living Options at Our Tampa Bay Campus

In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:

- **Independent Living** – Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff
- **SHINE® Memory Care** – In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed
- **Senior Assisted Living** – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming, and household chores

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.

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.

6 REASONS WHY YOUR SHOULDER IS CLICKING

By Regenxx at New Regeneration Orthopedics

SHOULD YOU BE CONCERNED ABOUT SHOULDER CLICKING?

Many patients who come into our practice for shoulder pain or issues report having clicking symptoms in the shoulder. This is also followed with the question of, "is it ok if my shoulder makes this crunching sound?"

The short answer is: **No.**

Any crunching or clicking sounds in your shoulder can indicate problems in your mechanics or within the structures of your shoulder. Times people typically feel crunching, clicking, popping and grinding in their shoulder are in ranges of motion overhead or in a big arm circle to name a few. Some people also report them during functional activities like reaching behind them in the car. Other people report the popping and clicking happening in a sport-specific movement, like a bench press, for example.

Popping and Clicking is Relatively Popular

When your shoulder makes a popping sound, with or without pain, it may be time to contact your physician. There are a variety of reasons your shoulder may be popping, many of them benign. However, it's worth your time and good health to check it out.

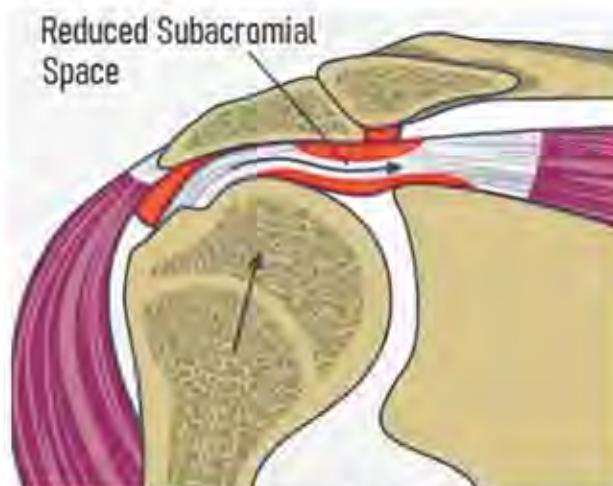
The physicians at Regenxx at New Regeneration Orthopedics work extensively with orthopedic and sports injuries. They routinely treat a range of shoulder problems, from rotator cuff impingement to labral tears.

From our experience with orthopedic injuries, we have seen the whole range of shoulder pathologies, and associated clicking sounds are very common in our assessments of shoulder issues. Below are six of the most common reasons we see "noisy" shoulders that click or pop in our offices.

REASONS WHY YOUR SHOULDER IS CLICKING

1. Shoulder Impingement

Shoulder impingement is when the structures that pass throughout the shoulder's ball-in-socket and shoulder blade areas get compressed. The structures that can get compressed are the rotator cuff muscles and/or the nerves that power these muscles. Shoulder impingement causes pain and inflammation in the muscle that is compressed,



Example of Shoulder Impingement

and over time, the mechanics of the shoulder and the shoulder blade are altered to where bones that shouldn't be touching, start to get closer together and rub. The pop or click or grind could be originating from the long-term change in mechanics leading to and/or causing impingement. Shoulder impingement is often helped tremendously with conservative care like physical therapy, but we also have prolotherapy, platelet rich plasma (PRP) or bone marrow concentrate (BMAC) that can make an impact, depending on what the physician recommends for your unique condition.

2. Rotator Cuff Issues



Example of a Rotator Cuff Tear

The rotator cuff is a set of four muscles that are responsible for moving the arm bone on the shoulder blade in different directions. These muscles are pretty small, but also get overused and beat up

over time from sports, poor mechanics, sleep positions, or chronic poor posture/ergonomics. Either traumatic injury or repetitive stress on the rotator cuff can change the quality of the tendon to the affected muscle. Sometimes the muscle's tendon can get calcific changes, making it less elastic, and quite literally "crunchy." This change in the quality of the tendon also weakens it and can lead to partial (or worse) rotator cuff tears. Either the calcific changes of the tendon, or a tendon that has a partial or complete tendon tear is then unable to control the arm's motion on the shoulder blade and can cause the popping, clicking, grinding sounds. We routinely and successfully address rotator cuff issues in our patients with shoulder pain by using platelet rich plasma (PRP) or bone marrow concentrate (BMAC).

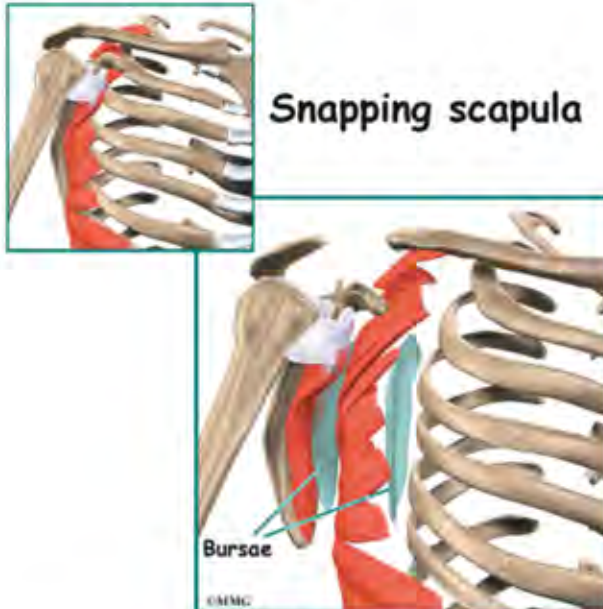
3. Labral Tears



Example of Labral Tears

One of the most common clinical findings in orthopedic testing for labral tears is, specifically, clicking and popping. Several orthopedic tests we use in our office assess for clicking. When the shoulder is stressed in different angles and positions, if there is a sound elicited in the movement, it can suggest a labral tear. Also, if pain and weakness is found in other orthopedic tests in combination with this "noise," we can add labral tear to the short list of what could be the issue in the shoulder. Orthopedic testing in the office is a great tool to make educated guesses about what the shoulder pathology might be; however, this can only be confirmed by diagnostic imaging. A Regenxx physician would perform orthopedic tests on your shoulder, paired with a diagnostic ultrasound to assess the possibility of a labral tear, and then if suspected, we also order an MRI to evaluate the integrity of the labrum. Our physicians can treat confirmed shoulder labral tears with PRP or BMAC.

4. Scapulothoracic Bursitis



Example of Snapping Scapula

The other terms for this condition is called Snapping Scapula Syndrome because when the shoulder blades moves around the rib cage, it makes a snapping sound. This snapping comes from a the bursa underneath the shoulder blade. The bursa is a fluid-filled sac, and they happen in various areas of the body where their function is to create a cushion and/or decrease friction. However, sometimes these sacs will get irritated and become inflamed, leading to pain and weakness and a *snapping* sensation. At Regenexx, we can treat the inflamed bursa itself, and also address the root cause of what is overloading the bursa, leading to inflammation.

5. Osteoarthritis



Healthy Shoulder vs Shoulder with Osteoarthritis

Arthritis is an insidious process of degeneration when bones begin to rub on each other. When this happens is not only weakens and destroys the protective cartilage coating, but it causes inflammation.



This inflammation, especially when chronic, can lead to changes to the bone itself. So, when the bone changes from smooth to rough, it can result in crepitus, or popping and grinding sounds. This type of condition is chronic and typically quite painful, but can be successfully managed with PRP or BMAC.

6. Muscle Imbalances



It's not uncommon for a patient to come into our offices with a complaint of popping, clicking or grinding, and none of the above pathologies are present. In these cases, the malpositions of the shoulder blade, upper arm bone, and collar bone can lead to increased contact between bones when they should not have any contact with each other.

The reason these malpositions happen is commonly from muscle imbalances. A common pattern for muscle imbalance includes tight chest muscles, tight neck and trap muscles, but wear shoulder blade and neck stabilizing muscles. If our Regenexx physicians evaluate your clicking shoulder condition and find the cause to be biomechanical or muscle imbalances, they may refer you to physical therapy to work on correcting the imbalances to eliminate the stress on the joints within the shoulder girdle.

The Takeaway? There are several reasons why your shoulder may be clicking, but an experienced clinician would be able to perform testing to identify the route cause and suggest the best course of treatment fo your injury.

If any of these conditions sound like something that you are dealing with and you're concerned about popping sounds, lingering shoulder pain, or other injury, we would love the opportunity to evaluate your shoulder and make a recommendation on what the best course of treatment could be.

References:

1. <https://www.orangeorthonj.com/blog/why-you-shouldnt-ignore-that-popping-sound-in-your-shoulder>
2. <https://www.stevonnolanmd.com/blog/why-you-should-never-ignore-that-popping-sound-in-your-shoulder>



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PHYSICAL THERAPY PROGRAMS DELIVER RELIEF AND HOPE FOR LONG COVID SYMPTOMS

Thanks to the advancements in physical therapy programs for Long COVID, physical therapists currently have the opportunity to positively affect a large number of struggling patients in their community who have had COVID-19 and now are experiencing long-haul symptoms.

A December 2022 article from CNBC recently validated the work NeuPTtech and our partners at HerQuest have been developing in this regard.

We recognized Long COVID as the "Next Public Health Crisis," and now these fears are affirmed. Long COVID is also known as long-haul Covid, post-COVID, post-acute COVID syndrome or its scientific name "post-acute sequelae of Covid" or PASC. At this point, almost every American has experienced COVID-19, and up to 30% of those affected now suffer from a chronic illness as a result of that infection.

The APTA lists the most common lasting Long COVID symptoms as follows:

- Fatigue or weakness
- Body aches
- Shortness of breath
- Trouble concentrating
- Headache
- Muscle or joint pain
- Poor endurance or no ability to exercise
- Sleep problems
- Gastrointestinal symptoms
- Anxiety or depression
- Fast or pounding heartbeat
- Brain fog or memory issues

The CNBC publication estimates that this long-haul COVID has left as many as 23 million Americans looking for answers, at a cost to the U.S economy of roughly \$3.7 trillion!

According to the article's author Greg Iacurci: "Studies suggest subsequent infections raise the chances of an 'adverse' outcome, including hospitalization and death. The virus has killed more than 1 million Americans to date, and some 2,000 more die each week, according to the Centers for Disease Control and Prevention."



Nevertheless, despite its dire outcomes, not much is known about the illness. It can be very difficult to diagnose because its list of symptoms range in the hundreds, many of which lead to debilitating results for patients.

How Patients Can Mitigate Long COVID Symptoms with PT

Patients typically seek out physical therapy to address severe pain or limitations to everyday functionality which has left them feeling hopeless. Success is achieved when those patients are able to help them regain strength, movement - and most of all, hope.

Patients suffering from post-acute COVID syndrome are often hopeless. And they are numerous.

Dr. Peter Hotez, co-director of the Center for Vaccine Development at Texas Children's Hospital and a dean at Baylor College of Medicine says, "There are just large numbers of people affected by this. This could be game-changing in terms of how we do medical practice."

Unfortunately, this lingering illness is having a devastating impact on families within communities all over the U.S. where people of all ages and walks of life have had their lives upturned by this disease. Previously healthy people can no longer work or care for their families.

This is the opportunity for physical therapy to treat Long COVID in a way other solutions cannot.

Physical therapy is more than just helping alleviate pain and restore mobility. Thanks to incredible advancements in physical therapy technology, PTs can now target your nervous system and understand exactly where any dysfunction lies.

The Physical Therapy Technology Treating Long COVID

Patients in the Tampa area should seek out physical therapy solutions including the NEUBIE, HRV system or PEMF, which are currently being used to positively treat long COVID patients.

Jason Waz, PT and his research team at NeuPTtech alongside his therapists at his Competitive Edge Performance clinics in Tampa have been developing programs to use Heart Rate Variability assessments for Long COVID patients to identify any imbalance within the patient's nervous system. It is likely the first time the patient has a test report that can give some insight as to why they are feeling how they are feeling. From there, Waz utilizes the NEUBIE device to reeducate the patient's autonomic nervous system (ANS). By using the proprietary e-stim machine alongside pulsed electro-magnetic field therapy, it can help patients balance their "fight or flight" conditions and finally begin to heal.



NeuPTtech has pioneered the treatment of Long COVID with physical therapy by mapping out plug-and-play protocols that are specific for HRV, NEUBIE and PEMF as they relate to the patient's symptoms.

Delivering HOPE to Long COVID Patients

According to the U.S. Department of Health and Human Services, too many healthcare providers are writing off Long COVID symptoms as "byproducts of anxiety and depression, or even worse, laziness and an excuse not to work."

"It's sucking the hope out of patients," says Jason Waz, founder of NeuPTtech. "The individuals I'm treating in my practice in Tampa all want to get back to work and back to their lives, but they just don't have a plan or effective treatment to get there. NeuPTtech has developed these protocols for just that purpose."

The CNBC story outlines the plight of Sam Norpel, a woman suffering from Long COVID symptoms but who continued to be dismissed by healthcare providers.

Iacurci explains: "Neurologists would see Norpel twitch and instead focus just on her migraines, she recalled. One told her to stop reading literature on long Covid when she mentioned the disease during an appointment. She eventually had a consultation in August at the Mayo Clinic, where she was told: 'We believe you — you have long Covid.'"

The fact that she was finally being validated left Norpel in tears.

In Tampa, among the patients who we've been treating for Long COVID, most have eerily similar symptoms and work, social and functional restrictions like the patients in the CNBC article. Every time physical therapy is able to help them unlock functionality and decrease pain, the hope returns to help improve their quality of life.

It's no exaggeration to say that Tampa has led the charge in treating long-haul COVID symptoms. Waz reports that outside of the Competitive Edge Performance clinics in Tampa, there is only one place in Florida treating long COVID effectively. It is 2.5 hours away and currently has a 6-month waiting list to treat long COVID patients which explains why Waz is seeing patients who have driven 6 hours roundtrip to receive this care in Tampa.

Hope is in short supply. Competitive Edge Performance Physical Therapy is offering free screenings to help you go back to living life on your terms.

Book your Long COVID screening today by calling (813) 849-0150 or visiting us at 13817 W. Hillsborough Ave., Tampa, FL 33635.

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

Treating Shoulder Pain Successfully with Radiofrequency

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

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

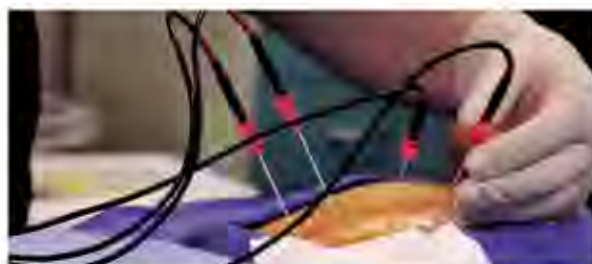
When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

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

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

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

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



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

Surgery is Not Always the Answer

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

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

Nerve Blocks and Radio Frequency

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

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

The National Institute of Spine and Pain

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

Regenerative Medicine

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

More on Exosomes

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



Dr. Sunil Panchal

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

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

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



Advanced Treatment For Vaginal Discomfort:

What you should know about the MonaLisa Touch®

Dr. Vahora, MD, FACOG

Many women carry a little secret that they dare not tell even their best friend. The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, pain, and issues that they often withhold and keep to themselves. Most women think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy.

What is Vulvovaginal Atrophy?

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.

As mentioned there are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform in your physician's office.

Innovative Technology

This advanced technology is called the MonaLisa Touch®. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the bodies cell renewal and regenerates the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO2 laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa.



The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration and enjoyment of each other. You'll be amazed how effective this procedure gets you back to where you once were in your relationship.

What Patients Have to Say About Parveen Vahora, M.D.

"To find out that there was actually a laser that in three treatments could possibly provide me with what I hadn't been getting in the last 10 years of trying"? I was ecstatic." -Melanie P.

"When I underwent the MonaLisa Touch procedure, I was a little nervous, had some trepidation going into it, and after the procedure I came out almost bouncing off the walls, saying I cannot believe there was no discomfort, such a short time commitment." -Cheryl S.

"No, less than 5 minutes? It's really a fast procedure; I don't even want to call it procedure; I would just say experience, just a tiny little sensation as if someone's touching your skin." -Tina R.

"I would like to share that she is incredibly passionate about helping her patients. I think it is admirable that she is an advocate for non-narcotic pain relief in her practice. I highly recommend this practice." -Ashley T.

Parveen Vahora, M.D.

A Board Certified, fellowship trained laparoscopic gynecological surgeon, Dr. Vahora owns a private practice in Trinity, Florida. In addition to being the only practitioner in the area to offer the MonaLisa Touch® Laser, Dr. Vahora performed the first single site robotic hysterectomy in North Pinellas County. She is highly trained in minimally invasive procedures for conditions such as pelvic pain and is able to conduct sophisticated genetic testing.

She considers herself a minimalist and doesn't recommend surgery unless it is absolutely necessary. Making her patients an integral part of their own health, she works with them to determine the best course of treatment for each unique case.

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating healthcare practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns. Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms.



Don't just live with your disorder, get the relief and new beginning that you are worthy of.

Call today to schedule your MonaLisa Touch consultation at (727) 376-1536.

PARVEEN S. VAHORA, MD, FACOG

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Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to alexanderson.org



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

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THIS IS NO TIME FOR PAIN

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