

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

February 2023

South Tampa Edition - Monthly

FREE 

www.healthandwellnessFL.com

**Do You Know
What You Should
be Eating as
You Age?**

See Page 12

**Balance Your
Nervous System
to Reach Your
Health Potential
in 2023**

See Page 6

**DNA Hair
Regeneration
& Stem Cell
Facelift**

See Page 10

**Can Integrative
Medicine Help with
Chronic Disease?**

See Page 8

**PICKLEBALL:
Five Stretches to
Prevent Injury**

See Page 11



RELIEF FOR LONG COVID SYMPTOMS IS HERE IN TAMPA

**A FREE Screening Assessment is
Available at Competitive Edge
Performance in Tampa.**

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.

**SEE PAGE 6
FOR MORE
DETAILS**



NeuPTTECH

Your Source for Exceptional Care



About BayCare Medical Group

BayCare Medical Group is Tampa Bay's largest multispecialty physician group, with more than 600 providers practicing in 46 specialties at more than 170 locations.

Your Source for Primary Care

Health care is intensely personal. You need a physician who provides a sense of security and trust. BayCare Medical Group primary care physicians build a real relationship with you. You'll receive excellent, compassionate care, close to home.

- Find your new primary care physician at Doctors.BayCare.org or (844) My-BMG-Dr (844-692-6437).
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

Learn more about us at BayCareMedicalGroup.org.

Your Specialist Resource

BayCare Medical Group specialists focus on quality, personalized care. All specialists are board certified and highly experienced. If you need help finding a specialist, our Customer Service Center can help you: (855) 466-6686





Close to cancer experts. Closer to what you love.

Florida Cancer Specialists' top-ranked cancer experts provide the most advanced treatments in our local community.

From genetic screening to immunotherapies, our quality care brings effective, targeted treatment to you so you can stay close to home.

We take care of all the big things in cancer care, so you can focus on all the little moments that matter—every step of the way.



FLCancer.com/LittleThings

CONTENTS

FEBRUARY 2023

- 6 Balance Your Nervous System to Reach Your Health Potential in 2023
- 8 Can Integrative Medicine Help with Chronic Disease?
- 10 DNA Hair Regeneration & Stem Cell Facelift
- 11 Pickleball: Five Stretches to Prevent Injury
- 12 Seniors Nutrition Needs: Do You Know What You Should be Eating as You Age?
- 13 A Patient's Excruciating Back and Leg Pain... Relieved in One Day!
- 14 Spiritual Wellness: Whole Hearted

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 2023. 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.

STEM CELL FACELIFT

Made famous by celebrities and as seen on The Dr. Oz Show

NOW AVAILABLE
In The
Tampa Bay Area



**NEW PATIENT
SPECIAL**
Reg. \$2,995⁰⁰

**FREE
CONSULTATION**
Or Call for More Information
& a FREE Brochure

\$999

**ALSO FOR
HAIR
REGENERATION**



A SIMPLE INJECTION CAN BE DONE ON YOUR LUNCH BREAK
 Immediate results with no downtime and continued results over the next several months

LASER HAIR & SKIN CLINIC

13555 Automobile Blvd.
 Ste. 110 & Ulmerton Rd.
 Clearwater, FL 33762

**727
446.5000**



www.renewmyface.com

THIS NEW TECHNOLOGY IS TOTALLY SAFE AND FDA CLEARED FOR SOFT TISSUE INJECTION

The patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment which is performed as a result of and within 72 hours of responding for the free, discounted fee or reduced service, examination or treatment.

JFW21

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

BALANCE YOUR NERVOUS SYSTEM TO REACH YOUR HEALTH POTENTIAL IN 2023

It's easier than you think to restore your wellness potential and improve your quality of life this year - and it all starts with a balancing act.

If all of life is a balancing act, arguably one of the most important areas to maintain this balance exists inside each of us and has a direct effect on our overall health: your nervous system.

Your nervous system is responsible for regulating a wide range of bodily functions like sleep, heart rate, digestion and respiration which is why it plays such a critical role in your wellness potential.

The human body actually needs two major nervous systems to run essential functions. The first is the **central nervous system**, which consists mainly of the brain, spinal cord and the peripheral nervous system which has the nerves that carry commands from the brain. The second is the **autonomic nervous system**, which operates through parasympathetic and sympathetic nervous systems.

Why does this matter? Because achieving balance in the parasympathetic and sympathetic nervous systems is vital for the health of the autonomic nervous system.

The **sympathetic nervous system** helps us respond to stress appropriately by creating the body's response to external stressors: fight, flight or freeze. However, the **parasympathetic nervous system** activates at moments of rest and relaxation.

Throughout our day, we need to alternate between these states because overfiring either system can have negative results. The sympathetic nervous system is for survival, but the parasympathetic nervous system keeps us from burning out due to stress.

A failure to balance these can result in dysautonomia or autonomic nervous system dysfunction - which, in turn, can have a seriously negative affect on your health.

TIPS TO KEEP YOUR AUTONOMIC NERVOUS SYSTEM IN CHECK

The great thing about achieving balance with your autonomic nervous system is that the steps and methods are fun or relaxing. The hard part, as always, is just conditioning yourself to actually do them.



For example, walking in nature is one great option. Another is taking time away from your screens. Spend time playing with the dog, or start stretching or doing yoga - each is another tool to help your autonomic system.

Consider this list of easy-to-do options to keep your nervous system in a healthy state:

• Stress Management

One of the most significant ways to help balance your autonomic nervous system is to remove yourself from the situations that cause stress. If that means taking the personal time to make sure you give yourself space as needed, that's a great start.

• Meditation

Meditation does not need to be hugely involved or rigorous practice. Of course, you can learn specific meditative arts, but sometimes just taking time to be alone and practice mindfulness is good enough. Meditation can be helpful, so don't be afraid to try it.

• Breathing

Breathing exercises can have a profound effect on how we feel. Learning breathing exercises and strategies can give you a low-impact way of helping to manage your stress. We recommend breathing in for 5 seconds, holding that breath for 5 seconds and then exhaling for 5 seconds. Do this 5 times to trigger your parasympathetic side.

• Massage

Touch is vital to feeling whole, and massage can work wonders as a therapeutic practice. Even personal massagers and a massage chair visit can be an excellent service for your autonomic nervous system.

• Nutrition

What you eat can have a significant impact on how you feel. Diets high in salts and sugars can contribute to stress, so changing your diet to reduce those elements can help stress melt away. Need help with a nutrition plan?

• Exercise

For most people, a little exercise does the body a lot of good. Activity stress is a good sort of stress used to balance the autonomic nervous system. Doing low impact cardio is a great option - we also recommend personal training with the NEUBIE to get the same gains with less impact.

• Sleep

No surprise here - sometimes we just need a little more sleep. Go to bed earlier, take a nap or catch a little shut-eye during a break - it can do wonders! Sleep is a natural therapeutic process for the human body, so it makes sense that it can also help manage stress.

HOW PHYSICAL THERAPY CAN FAST-TRACK YOUR RESULTS

Your physical therapist can play a significant role in helping you improve your health and wellness potential by leading you through a variety of different techniques and interventions that positively influence your nervous system.

Here are just some of the important benefits a therapist can provide:

• Combat Underlying Medical Conditions

Physical therapists are experts at identifying any underlying medical conditions that may contribute to ANS dysfunction, including hypertension, diabetes, sleep apnea and certain types of heart disease. For example, if you suffer from Long COVID symptoms, your ANS is likely in a sustained "fight or flight" mode and in desperate need of relief.

• Reduce Ongoing Stress and Anxiety

With a nation under siege with stress and anxiety, physical therapists can target a patient's ANS function and reduce the stressors that lead to increased heart rate, blood pressure and muscle tension. With traditional techniques like deep breathing exercises, progressive muscle relaxation, and yoga, PTs help patients balance their ANS and return to "rest and relax" mode.

• Address Musculoskeletal Issues

Physical therapists also help patients manage their nervous system by addressing any musculoskeletal issues that contribute to ANS dysfunction. For example, if a patient has poor posture, it can lead to increased muscle tension and strain on the ANS. Physical therapists use technology, exercises and stretches to improve posture and reduce muscle tension.

- **Provide Therapeutic Exercise Programs**

PTs can design a therapeutic exercise program that is tailored to a patient's specific needs and fitness level. Additionally, physical therapists can teach patients how to properly perform exercises and use proper form to avoid injury and maximize the benefits. Physical therapists can also use manual therapy techniques such as massage to balance their nervous system and reduce muscle tension, improve circulation and promote relaxation.

- **Introduce a Healthier Lifestyle Approach**

Lastly, physical therapists can be a great resource for educating patients about the importance of good sleep hygiene, eating a healthy diet and maintaining a healthy weight. All of these factors can have a major impact on ANS function, and physical therapists will work with patients to help them make lifestyle changes that reach their health potential in 2023.

THE ROLE OF TECHNOLOGY IN YOUR NERVOUS SYSTEM'S HEALTH

State-of-the-art technology is now available and can play a big role in your nervous system's health potential. Your local physical therapist has access to a number of programs and technologies that can improve the function of your autonomic nervous system. Some examples include:

1. Heart Rate Variability (HRV) monitoring: HRV therapy is a measure of the variability in time between heartbeats. It is an indicator of the balance of activity between the sympathetic and parasympathetic branches of the ANS. By measuring HRV, physical therapists can assess health functions and monitor any changes in response to exercise or relaxation techniques.

2. Biofeedback: Biofeedback is a technology that uses sensors to monitor processes such as heart rate, blood pressure and muscle tension. The data is then used to provide feedback that can help you learn to control these processes. For example, by monitoring HRV, biofeedback can help patients learn to improve their balance between sympathetic and parasympathetic activity.

3. Neuromuscular Electrical Stimulation (NMES): Best performed with the NEUBIE, this is a technique that uses electrical impulses to stimulate the muscles. It can be used to improve the function of the ANS by identifying the underlying dysfunction and stimulating the muscles that can lead to more strength and a quicker recovery. It can also help improve blood pressure and heart rate variability as well.

4. Pulsed Electro-Magnetic Field Therapy: PEMF therapy is a type of treatment that uses electromagnetic fields to improve the body's natural healing processes. The therapy involves exposing the body to electromagnetic fields at specific frequencies and intensities, which can stimulate cellular activity and promote healing in the affected area and balance within the ANS, ultimately alleviating pain, improving circulation and enhancing the healing of fractures and other injuries.

Physical therapists can assess your individual needs and determine which programs and physical therapy technologies may be most appropriate for you so they can design a comprehensive treatment plan that addresses underlying medical conditions or musculoskeletal issues, provides therapeutic exercise, implements manual therapy techniques and educates you about healthy lifestyle practices.

READY TO ACHIEVE YOUR HEALTH AND WELLNESS GOALS IN 2023?

Competitive Edge Performance Physical Therapy are visionaries and leaders in bringing new tech to PT professionals all over the country. For a limited time, we're now offering free HRV screenings to measure your nervous system health and recovery capacity. Just mention this article! **Book today by calling (813) 849-0150 or visiting us at 13817 W. Hillsborough Ave., Tampa, FL 33635.**



Hyperbaric Centers of Florida

Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

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

Call Today for More Information! 813-788-3969

Tampa Bay's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com/healthandwellnessfl



On Twitter

[HealthAndWellnessFL](https://twitter.com/HealthAndWellnessFL)



In Your Inbox

Receive our monthly newsletter. Sign up online.



Providing information 
that will promote living a healthy, well-balanced lifestyle.

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.

Can Integrative Medicine Help with Chronic Disease?

By Kirksak Jay Poonkasem, MD, FAAFP, ABOIM, DipABLM
Medical Director | BayCare Medical Group Integrative Medicine Clinic

What is Integrative Medicine?

Integrative medicine focuses on disease and prevention through lifestyle modifications, as well as whole-person care via the mind, body, and spirit connection for overall well-being. Integrative medicine is a holistic, patient-centered approach to medicine that strongly emphasizes a collaborative patient-practitioner partnership.

In my practice, I get to know my patients through discussing their medical history, lifestyle choices, nutritional habits, activity levels, stressors, spirituality and social connections. During the initial visit, I ask them to walk me through a typical day in their life. This sets the baseline for how we implement change and custom-tailor therapies that can benefit each patient based explicitly on their challenges and needs.

As an Integrative Medicine Physician, I work closely with my patients' primary care physicians and specialists to add to the standard of care treatment, increase optimal outcomes, decrease disease severity, and offer preventative care options.

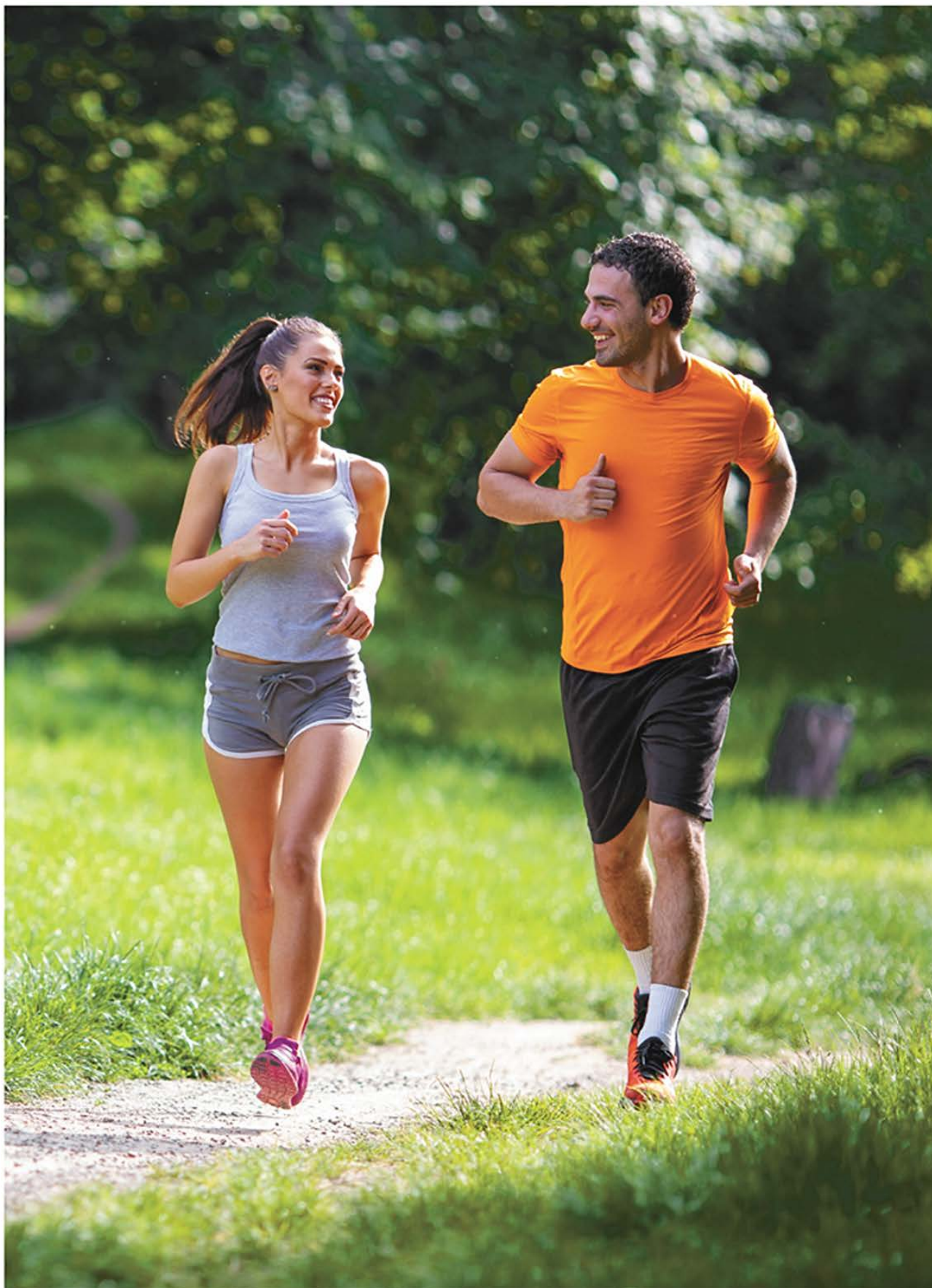
Importance of Integrative Medicine

In the U.S., 6 in 10 adults have a chronic disease, and 4 in 10 have more than one chronic disease diagnosis. Chronic disease is classified as a condition that lasts one year or more and requires ongoing medical attention or limits activities of daily living or both.

Common Chronic Disease States

- Heart Disease
- Cancer
- Chronic Lung Disease
- Stroke
- Alzheimer's Disease
- Diabetes
- Chronic Kidney Disease
- Autoimmune Disease

Some of our patients may also have symptoms with no definitive diagnosis. These can include tremors, myofascial or musculoskeletal pain, headaches, and other indicators that something is awry within the body.





Integrative Medicine Therapy and Treatment Options

- Acupuncture, Acupressure, Auriculotherapy
- Nutritional Education
- Fitness/Physical Training and Health Coaching
- Physical Therapy, Massage Therapy,
- Tai Chi, Qigong, Yoga, Medication/Mindfulness
- Biofield Therapies (Healing Touch, Therapeutic Touch, Reiki)
- Breathwork, Stress Reduction
- Mental Health Counseling

Not a complete list

An excellent question for patients is, “Is there anything you can change right now or in the future to help you live a better quality of life?” That might be quitting smoking, eating a healthier diet, exercising, drinking less alcohol, sleeping better, remembering to take medications, and the list can go on depending on each patient’s lifestyle factors weighed against their health.

Many patients do not realize the importance of lifestyle choices and how they connect to our level of well-being.

The Pillars of Health

- Optimal Nutrition
- Physical and Mental Exercise
- Daily Movement
- Stress Management
- High-Quality Sleep
- Social Activity and Relationships
- Spiritual Connection

Breathwork and How it Helps

Breathwork may seem insignificant to some, but studies show that breathing techniques stimulate the parasympathetic nervous system. The parasympathetic nervous system controls the “resting and digesting” processes in our bodies. If you are

nervous, have a big meeting coming up, are experiencing stressful events, or need to calm down, the 4-7-8 breathing technique is proven to calm the nervous system.

4-7-8 Breathwork

The 4-7-8 breathing technique works by placing the tip of your tongue against the roof of your mouth, against the back of your front teeth, inhaling fully through your nose for a count of 4, holding your breath for a count of 7, and then exhaling through your mouth for a count of 8. That is considered one breath, repeat for a total of four breaths and can be used throughout the day as needed.

What can Integrative Medicine Help Improve?

- Cardiovascular Health
- Blood Pressure
- Insulin Sensitivity
- Lipid Profiles
- Sleep Hygiene
- Mental Health
- Cognitive Health
- GI (gastrointestinal) Function
- Chronic diseases
- And much more

Getting back to healthy lifestyle basics is not a quick sprint; it is a marathon, and while many of these changes will garner immediate results, most will be cumulative. Being patient with ourselves and having a mindset to finish the race well is critical for achieving optimal health.



BayCare Medical Group Integrative Medicine Clinic
430 Morton Plant St., Suite 400, Clearwater, FL 33756
727-461-8300
<https://baycare.org/MindBodySpirit>



About Dr. Poonkasem

Dr. Kirksak “Jay” Poonkasem specializes in integrative medicine, as part of BayCare Medical Group. Dr. Jay’s integrative medicine clinic focuses on the individual needs of patients by helping them improve their nutrition, fitness, and mental wellness. Some of the services which may be offered include, medical acupuncture, auriculotherapy, cupping, coaching, healing touch and stress management (Heart Math, breathwork, meditation). Dr. Jay earned his Doctor of Medicine from the University of Florida in Gainesville, Florida. He then completed a family medicine residency at the University of South Florida/Morton Plant Mease Family Medicine Residency Program in Clearwater, Florida. He continued his medical education with a fellowship in integrative medicine at the University of Arizona in Tucson, Arizona. Additionally, Dr. Jay is board certified in family medicine, integrative medicine, lifestyle medicine and hospice and palliative medicine. His greatest passion lies with lifestyle medicine, medical acupuncture, and integrative medicine. He has seen firsthand the long-term implications of poor lifestyle choices, while working within the hospice care industry. Many of those choices lead to numerous chronic diseases. Dr. Jay believes in an integrative approach to health and wellness, taking into account the mind, body and spiritual connection, and getting back to the basics of nutrition, sleep, exercise and other modalities to rebuild health through lifestyle modifications. In addition to his medical board certifications, Dr. Jay is certified in massage therapy and as a personal trainer/corrective exercise specialist. He’s a member of the American College of Lifestyle Medicine, the American Academy of Medical Acupuncture, the Florida Academy of Family Physicians, the American Academy of Family Physicians, and the Florida Medical Association. Please note that integrative medicine services that he provides are only available for a fee, no insurance plans are accepted.

**BayCare Medical Group Integrative Medicine Clinic is accepting new patients.
From 18 years and older.**

**To schedule an appointment,
please call (727) 461-8300.**

DNA HAIR REGENERATION & STEM CELL FACELIFT

John Satino is passionate about so many new technologies in the cosmetic industry. Healing our bodies comes from within. DNA and Stem Cells are natural ingredients from our bodies that can make us look younger, feel healthier, repair injuries, and potentially solve our own "problems". Biomedical Engineering is not a new science: pacemakers and organ transplants were some of its earliest successes. Today we have so many aesthetic uses for stem cells that even Dolly the cloned sheep seems like centuries-old news.

Health and Wellness Magazine was pleased it sit down with NASA consultant John Satino and discuss his 2012 discovery of Stem Cell Face Lifts. Human plasma proteins combined with platelet-rich plasma sounds fascinating but wait until you see the results.

Health and Wellness Magazine asked: Mr. Santino, how can the Stem Cell Face Lift change my life?

Mr. Santino: Up until now, you had one choice to combat the signs of aging, and that was surgery. Beyond the out-of-pocket cost of a traditional facelift, there is risk and an extended recovery time. And it's possible that after the surgery, you end up looking like your face was in a wind tunnel at a hundred miles per hour for an extended period of time.

Thinner, older, tightly stretched skin can look very unnatural. Our patients look totally natural, rested, and as if they had been on vacation. All with no downtime. Many say this new technology changes their lives. And the risk is undoubtedly less.

H&W: Tell the readers about a patient you have helped recover from an injury with this technology.

Mr. Santino: We have helped patients with facial irregularities such as a birth mark. Severe acne scarring can definitely be improved and corrected. Often a stroke can affect the face. In the case of a stroke, we can treat only the affected side of the face for a natural symmetrical correction.

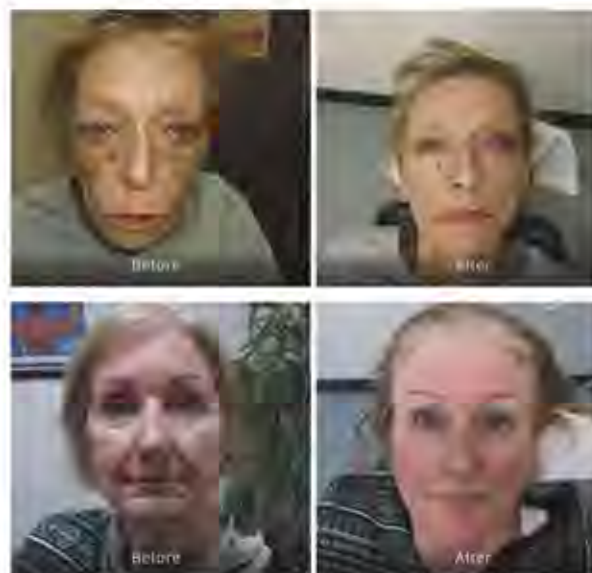


Before and After - 1 Hour

H&W: How do stem cells reverse aging?

Mr. Santino: Stem Cells are the body's growth factor. They are immortal. You produce stem cells for life from the bone marrow. Not as many at age eighty as at age twenty, but your body produces stem cells throughout your entire life.

For example, if you get a cut or injury, a signal is released to the bone marrow to release these growth factors. The stem cells travel through the blood system to the injury to promote healing. At the site of the injury, the stem cells help heal and develop bone, skin, blood, or specialized cells necessary for the body to heal itself.



Therefore, an injury heals very quickly when you are young due to the more plentiful number of stem cells available. These stem cells are not as plentiful as we age, and injuries take longer to heal. In compliance with current FDA rulings, we can extract body tissue, fat, or blood from your OWN body and concentrate it on a four-to-one basis in our lab. This means we are essentially reintroducing four times younger cells into the face. This leads to increased collagen, elastin and skin tightening in a very short time when we reintroduce your OWN stem cells back into your OWN body.

John Satino, Clinical Director and Research Coordinator



John Satino's primary training in Chinese acupuncture was received in 1971. Additionally, he was the principal developer of Elector-Acupuncture in the US in 1973 and the Research Coordinator for Biotone International and Wright State University's development of Elec-

tronic Muscle Stimulation to reverse Leg Muscle Atrophy in Spinal Cord Injuries in 1977. John worked as a Research and Development Consultant for NASA's Biomedical Department at Kennedy Space Center in 1983 for the development of E.M.S. to prevent Leg Muscle Atrophy. In 1991 he was the Research Coordinator for Merck Pharmaceutical's clinical trial of Finasteride (Propecia). Dr. Satino has also been published in The Hair Journal, and The International Journal of Cosmetic Surgery and Aesthetic Dermatology.

LASER HAIR & SKIN CLINIC

13555 Automobile Blvd.#110
Clearwater, FL 33762

800-883-HAIR

www.renewmyface.com

PICKLEBALL: FIVE STRETCHES TO PREVENT INJURY

By Regenxx at New Regeneration Orthopedics

Have you heard of Pickleball? If you have, you know it's a sport rapidly-rising in popularity and making major waves in the recreational sport and the professional sports scenes. This sport also was recently boosted in the media when seven-time SuperBowl Champion Tom Brady invested in a professional Pickleball team in Major League Pickleball (MLP).



How did Pickleball Start?

Although today we see professional tournaments and star-studded endorsements of the sport, Pickleball had humble beginnings. The game of Pickleball was invented in 1965 by three dads, trying to come up with a way to entertain their kids who were "bored" while on summer break. They had access to a Badminton court, ping-pong paddles and a perforated plastic ball. They created a game with simple rules and evolved the court over the weekend to have a lowered net and a harder surface. Just two years later, one of the original dads built an official Pickleball court and popularity organically grew until it was played in all 50 states by 1990. With continuing growth and development, the new USA Pickleball Association (USAPA) was established in 2003 and has grown to reach the 50,000 milestone and ended 2021 with just over 53,000 members.

The Basics of what you need to know about the game of Pickleball is succinctly described by the USA Pickleball organization:

- 1 A fun sport that combines many elements of tennis, badminton and ping-pong.
- 2 Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
- 3 Played with a paddle and a plastic ball with holes.
- 4 Played as doubles or singles.
- 5 Can be enjoyed by all ages and skill levels

Injuries Related to Pickleball

Locally, we can attest to the rising popularity of the sport, as the Tampa Bay, St. Petersburg, and Sarasota areas have appreciated Pickleball courts as additions to parks and clubs. With this growing popularity, that means we tend to see a growing number of injuries related to Pickleball in our Regenxx at New Regeneration Orthopedics offices. The Pickleball injuries we have seen, for the most part, are due to overuse.

The overuse injuries we have seen from our Pickleball athletes have included:

- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Rotator Cuff Tendonitis
- Wrist Sprain
- Knee Pain
- Low Back Pain

These common overuse injuries help us to identify the wrist, elbows, shoulder, low back, and knees as the most common areas susceptible to aches and pains with increased Pickleball play. So, if you got a new Pickleball kit, here are five stretches to do before and after you hit the court, to prevent you from slowing down your game.

**Note: These stretches are example recommendations, and you should always consult your physician before beginning any new fitness regimen.*

EXERCISES TO PREVENT INJURY

1 Wrist Flexor Stretch

- With your elbow straight and your palm facing up (forearm in a supinated position), extend the wrist and grab the fingers with your free hand.
- Gently pull your fingers and wrist in extension toward the floor.
- Hold the stretch for the recommended time.



2 Pec Stretch

- Stand up next to a wall corner or in a doorway.
- Place your forearm along the wall, with your upper arm raised 90° from your body.
- Lean your body forward until you feel a stretch across your chest.
- Hold for 30-90 seconds, rest and repeat three times.



3 Child's Pose With Rotation

- Start on all fours and push your hips back so your buttocks rest on your heels. You may want to have your knees apart to be more comfortable.
- Reach forward with your hands and hold the stretch for 30-90 seconds.
- Next, reach to one side with both hands and hold the stretch for 30-90 seconds.
- Then, reach to the other side and hold the stretch for 30-90 seconds.



4 Hip Flexor Stretch

- Position yourself in a half-kneeling stance with the leg to stretch placed behind.
- Lean forward at the hip while twisting your trunk toward the front leg hold for 60 seconds.
- Repeat on the other side.



5 Quad Stretch

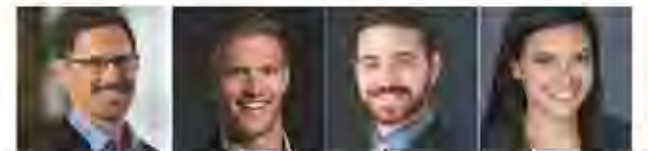
- Stand in front of a chair or a stable object and hold on to it with one hand.
- Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.
- Hold the stretch for 60-90 seconds, keeping your lower back neutral (not arching) and return to the initial position. The goal is to be able to gently, over time, be able to touch your knee to your buttock without strain.
- Repeat on the other side.



WE'RE HERE TO HELP

If wrist, elbow, shoulder, back or knee pain are interfering with your Pickleball game, our physicians at Regenxx at New Regeneration Orthopedics are a great starting point to get a comprehensive evaluation, and an honest recommendation of what the best course of action for you would be. Our goal is to keep you out on the Pickleball court, pain free!

References: 1 Physioteq.ca



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

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



Regenxx[®]

At New Regeneration Orthopedics

Regenxx 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

Seniors Nutrition Needs:

Do You Know What You Should be Eating as You Age?

As we age, our nutritional needs change. Physiological changes in the body cause things such as slower metabolism, less lean body mass, less muscle definition, lower bone density, slower metabolism, basal metabolic deficiency, and lower energy levels. Seniors may also be dealing with health issues on top of their bodies changing needs. Therefore, it's important to map out a custom plan with your doctor or nutritionist to make sure you're getting the most out of your diet. Proper nutrition can help stave off disease, increase cognition, increase strength and endurance and so much more.

Symptoms of Nutrient Deficiencies:

- Weight loss
- Decreased appetite
- Uninterested in hydrating
- Irritability
- Lack of concentration
- Feeling cold
- Loss of muscles and strength
- Prone to illness
- Inability to fight infection
- Impaired wound healing
- Depression
- Cognitive decline and confusion

Protein is critical as we age.

The aging body processes protein less efficiently than when we were younger. This isn't just true for the elderly that might be ill or facing chronic conditions, but for all seniors.

A 2013 study recommends that healthy older adults consume 1 to 1.2 grams of protein per kilogram of body weight per day. For the average woman that is about 70 grams and for a male, 100 grams of protein per day.

A few examples of what our diets offer in grams of protein is as follows:

- 4 oz chicken breast = 25 grams
- 2 eggs = 12 grams
- 2 oz cheese = 14 grams
- ½ cup of chickpeas (garbanzo beans) = 18 grams
- 1 cup leafy greens = 9 grams
- 1 cup broccoli = 2.6 grams
- 1 oz mixed nuts = 5 grams
- 1 cup of oatmeal = 6 grams
- 8 oz cow's milk = 8 grams
- 8 oz almond milk = 1 gram

If you are having difficulty meeting your nutritional needs or have symptoms of nutritional deficiencies, adding in protein powders is also an alternative to whole food consumption that will help you meet your nutritional goals. Again, talking to a medical professional about what's best for you is essential.

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.

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.



AL#10546, 9439, 10175, 10612, 10316





Dr. Sunil Panchal

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

Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2023 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentine's Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2023.



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