

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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FREE 

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Regeneration
& Stem Cell
Facelift**

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Florida Medical Clinic Welcomes Dr. Felicia Hall

Your skin is your body's largest organ, comprising hair, nails, glands, and nerves. The skin is a protective barrier between the outside world and your internal organs. Adult skin accounts for 16% of your total body weight and covers a surface area of approximately 22 square feet. Dr. Felicia Hall is passionate about skin. Dr. Hall grew up in Florida and knows what the Florida Sun means for your skin.

Florida Medical Clinic Dermatology of Carrollwood relocated to a beautiful new facility in October 2022. They are accepting new patients and offer same day appointments. Health and Wellness magazine sat down with Dr. Hall and a bite of lunch; we asked about her new office, her passions, and her recommendations for keeping all of that skin healthy.

H&W Magazine: Dr. Hall, this new office space is fantastic! What is your favorite thing about walking into work every morning?

Dr. Hall: I love working with such a great group of people who focus on providing good care. The office is so warm and welcoming. Our team has a great vibe, and I feel everyone here has the patient's whole body in mind when we see you for your appointment. Because we see patients of different ages and skin types suffering from various skin conditions, it keeps the days fresh and exciting. Florida Medical Clinic is a multi-specialty group that allows us to quickly refer you to another doctor within our network if we find an issue outside of dermatology. Our office has experienced dermatology providers who thoroughly assess our patients. We take the time to discuss all your health needs and help guide your treatment options.

H&W Magazine: Dr. Hall, what is your passion as a dermatologist?

Dr. Hall: Beyond my patients' health, it's education. Skin cancer is on the rise and the Florida sun is unforgiving. It is so important to limit your sun exposure. Sunscreen! Sun hat! Longsleeve sun shirt! Sun avoidance! I recommend sunscreen with physical blocking agents such as Titanium and Zinc for the whole body. We carry some excellent brands in the office, but applying them liberally and often is critical no matter your chosen brand.

I evaluate, analyze, and treat the skin. I am comfortable addressing a variety of skin issues including skin cancer, moles, acne, eczema, rosacea, and psoriasis. I am also passionate about teaching you how to prevent and treat these conditions.



From left to right:

Ellen Lockwood, PA-C, Dr. Felicia Hall,
Dr. Rachel Careccia, Heather Leto, APRN-C

We provide thorough skin checks and evaluate moles and changing lesions. Sometimes a skin condition can be a sign of an internal problem which is why we recommend coming into the office when things come up. We also provide a personalized plan for our patients because we understand that everyone's skin is different. I enjoy addressing patients' cosmetic concerns, and recommend products and treatments which have been proven to be safe and effective.

H&W Magazine: These skin checks, how often do I need to have this done?

Dr. Hall: I generally recommend people come in for total body skin exams once a year as this allows us to catch things early. Early detection is very important with skin cancer. 1 in 5 people will develop skin cancer by age 70. Non-melanoma skin cancer is common on sun-exposed areas such as the ears, face, scalp, neck and hands. These are places where the skin often reveals signs of sun damage, including wrinkles and age spots.

H&W Magazine: Dr. Hall, what products do you recommend to keep my skin youthful and glowing?

Dr. Hall: I always tell my patients that the number one product is sunscreen. Second, I recommend a topical retinoid at night, and the third is a topical antioxidant in the morning. While other products may be added to this regimen, these three anti-aging preventions provide a solid foundation.



About Dr. Felicia Hall

Dr. Hall was born in Toronto, Ontario, and raised in Sarasota, Florida. She graduated with honors from Vanderbilt University in Nashville, Tennessee. She then returned to Florida for both medical school and a

Dermatology residency at the University of South Florida in Tampa. Once completing her residency in 2007, Dr. Hall moved to San Francisco, where she worked in private practice for over 13 years. She is thrilled to be back in Tampa and closer to family.

She enjoys many aspects of dermatology, including general dermatology, cosmetic treatments, and surgical procedures. She is a member of the American Medical Association, the American Academy of Dermatology, and the American Society of Mohs Surgery. In her spare time, Dr. Hall enjoys traveling, hiking, reading, listening to live music, and spending time with her husband, two sons, and her dog.

You can see Dr. Hall by appointment at our Carrollwood location. Our office is open Monday – Friday 8:00am – 5:00pm.

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HOW DOES SHOCKWAVE THERAPY AFFECT BONE AND CARTILAGE?

By Regenexx at New Regeneration Orthopedics



SHOCKWAVE THERAPY

Extracorporeal Shockwave Therapy (ESWT), has been used more and more for musculoskeletal conditions ranging from tendon tears to fractures, arthritis and swollen bones. The use of ESWT over the past 10 years has skyrocketed in both Europe and North America. As a result, there is a wide range of studies that have been compiled to examine the effects of shockwave on various tissues. One extensive systematic review published in 2022¹ summarized the results from many different publications on how ESWT affects the cells directly, including bone and cartilage.

In total, 100 studies within the systematic review addressed shock wave effects on cartilage and bones. Fifty-one percent of these studies were published within the last ten years and the vast majority, 85% of studies, looked at focused shock waves specifically.

The findings of these studies included numerous benefits to the treated bones and cartilage including:

- Increased mineral apposition rates, trabecular bone volume, number, and thickness.

- Increased bone/tissue volumes.
- Increased bone strength, bone mineral density, trabecular thickness, and bone /tissue volumes.
- Increased osteoblastic activity and improved pain score.
- Increased number of proliferative chondrocytes (cartilage producing cells) of growth plate's cartilage
- Increased cell viability; decreased number of pro-inflammatory, cartilage degradation markers
- Reduced synovitis and cartilage damage
- Increased contents of sulfated glycosaminoglycans and hyaluronic acid
- Reduced arthritic area of injury joint, enhanced bone mineral density and bone strength, improved subchondral plate thickness with reduced cartilage damage
- More mature bone formation, better healing, higher density of the cartilage

What is the Clinical Significance of Shockwave Therapy?

Osteoarthritis can involve degenerative changes to the bone and cartilage as well as inflammation or synovitis. The studies summarized in this review paper show that shockwave therapy can improve the bones, cartilage, and inflammation at a cellular level and appear to stimulate the regenerative capabilities of these tissues. Therefore using shockwave by itself or in combination with other treatments may be a good option for patients with pain involving degenerative joints and bones.

Patients should always be evaluated thoroughly before and should be made aware of all options before embarking on a treatment plan. If you have any questions or wish to set up a consultation, please do not hesitate to contact us.

References:

Wuerfel, T., Schmitz, C., & Jokinen, L. L. (2022). The effects of the exposure of musculoskeletal tissue to extracorporeal shock waves. *Biomedicines*, 10(5), 1084. <https://doi.org/10.3390/biomedicines10051084>



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DNA HAIR REGENERATION & STEM CELL FACELIFT

John Satino, Clinical Director of Laser Hair and Scalp Clinics in Clearwater is passionate about many new cosmetic technologies. During his time at NASA, he had ideas to help individuals live healthier, fuller, more beautiful lives. 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.

The Stem Cell Face Lift

Until now, you had one choice to combat the signs of aging: 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. We have helped patients with facial irregularities such as birthmarks. 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.

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.



Before and After Stem Cell Face Lift - 1 Hour

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.



DNA Hair Regeneration

Hair loss can be traumatic. Sure, men expect to lose some hair as they age, and society accepts that. But when women lose hair or have thinning hair from menopause or Polycystic Ovarian Syndrome (PCOS), it can be traumatic to self-esteem, libido, and mood in general. Polycystic ovary syndrome is a common hormone disorder that can cause various symptoms, including hirsutism, which is excess facial and body hair. While many with PCOS grow thicker hair on their face and body, some experience hair thinning and hair loss, referred to as female pattern hair loss. Hair loss from PCOS will not grow back on its own, but DNA hair regeneration and balancing the hormones can help.

For women going through menopause, the cause of hair loss is almost always related to hormonal changes. However, many other factors can contribute to hair loss during menopause. These include extremely high-stress levels, illness, or a lack of certain nutrients. Diagnostic blood tests that can help rule out other causes of hair loss include thyroid tests and a complete blood count. Hair loss may make you self-conscious about your physical appearance, but the condition isn't permanent. There are also steps you can take to treat hair loss and improve the quality of your hair.

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*.

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Vaginal Dryness + Painful Sex Could be Signs of Endometriosis

By Parveen Vahora, M.D.

Endometriosis is a painful, chronic condition that affects an estimated 1 in 10 women of reproductive age. It occurs when tissue like that which lines the uterus is found outside the uterus, usually in the abdomen or pelvis. Endometriosis most commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis. Endometriosis can cause pain, infertility, and other symptoms. Treatment typically includes lifestyle changes, medications, and in some cases, surgery.

The most common symptoms of endometriosis are pelvic pain, pain during or after sex, and heavy periods. Other symptoms include fatigue, bloating, and difficulty getting pregnant. With endometriosis, the endometrial-like tissue acts as endometrial tissue would — it thickens, breaks down and bleeds with each menstrual cycle. But because this tissue cannot exit your body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

Endometriosis is a long-term problem without treatment, and it usually lasts until menopause. After menopause, areas of misplaced endometrial tissue tend to become smaller and are less likely to cause symptoms. That is particularly true if your symptoms have come only during menstrual periods.

Various treatments are available for endometriosis, including lifestyle changes, medications, and in some cases, surgery. Lifestyle changes, such as exercising regularly, eating a healthy diet, and managing stress, can help reduce symptoms. Medications, such as pain relievers, hormones, and anti-inflammatories, can also help manage symptoms.

Conservative surgical treatments of endometriosis include a laparoscopic outpatient procedure. During laparoscopy, your doctor will destroy small areas of extra endometrial tissue that are implanted outside the uterus. The surgeon may burn them away or use a laser to vaporize them. Your doctor also may trim away tissue that is displacing your



pelvic organs. These procedures are not painful and produce great results; however, the endometrial tissue may also return without adding pharmaceutical treatment.

Oral contraceptives are often used to treat mild to moderate symptoms of endometriosis, but they do not treat the underlying cause of the disease. For more severe cases, two medications have been approved by the U.S. Food and Drug Administration (FDA) for the treatment of endometriosis: **Orilissa** (elagolix) and **Lupron** (leuprolide acetate).

One of the new medications approved for the treatment of endometriosis is Orilissa (elagolix). Orilissa, taken orally, is a non-hormonal medication that blocks the action of hormones that stimulate the growth of endometriosis. It is used to reduce moderate to severe pain caused by endometriosis. Orilissa may be used alone or with other medications. Orilissa belongs to a class of drugs called Gonadotropin Releasing Hormone Antagonists. Side effects of Orilissa include headache, nausea, hot flashes, and decreased bone mineral density. In women receiving this drug for endometriosis, hormone replacement therapy is recommended to reduce bone mineral density loss and vasomotor symptoms.

Lupron (leuprolide acetate) is a hormone therapy administered via injection or implant every three to six months. It works by reducing the levels of estrogen, which can help reduce the size of endometriosis implants, decrease pain, and improve fertility. Lupron is also used to treat the symptoms of prostate cancer in men. In women receiving this drug for endometriosis, hormone replacement therapy is recommended to reduce bone mineral density loss and vasomotor symptoms. Common side effects of Lupron include hot flashes, headaches, vaginal dryness, and painful sex.

Don't just live with your discomfort, get the relief and new beginning that you are worthy of. Call today to schedule an appointment and/or consultation at Info@ParveenVahoraMD.com or call (727) 376-1536.

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Parveen Vahora, M.D.

Our gynecologist office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care: educating on conditions and treatment options as well as preventative measures. Our focus is on sexual health, and we're proud to offer the MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we've got you covered.

Our practice treats our patients as we would treat our own family, with the goal of keeping them healthy for many years to come, not just the short-term. We follow Enhanced Recovery After Surgery (ERAS®) protocols, which take a comprehensive look at all areas of the patient's journey through surgery and recovery, creating a well-coordinated, team-oriented approach to surgical care for better outcomes. Weaving this into our personalized care plans, we get patients back to their normal routines faster.

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St. Joseph's Hospital-North Performing Innovative Surgical Procedure

BayCare Medical Group and St. Joseph's Hospital-North general surgeon Dr. Quan Tran performs an advanced minimally invasive surgical procedure where he uses a single incision to remove gallbladders and appendixes. The acronym for this surgery is "SILS" for single incision laparoscopic surgery. Gallbladders are typically removed because of complications from gallstones and appendixes are typically removed when they become swollen or infected.

SILS is an advantage over traditional surgery because traditional surgery typically requires multiple incisions.

Often, this single incision is hidden completely within the belly button or leaves the patient with a scar that is barely noticeable.

In addition to the improved cosmetic result, one incision can mean less pain for the patient and a quicker recovery time following surgery.

A specialized camera is the key to single-site surgery because of the flexibility of the tip and visual clarity it gives the surgeon. St. Joseph's Hospital-North in Lutz recently added one of the most modern state-of-the-art cameras for SILS. The camera is manufactured by Olympus, also the maker of cameras for the general public.

The incision in the belly button is used as the access point for which to maneuver surgical instruments and the camera through a port placed there. A port is a removable tubular device inserted into the abdominal wall to allow instruments and cameras to pass through.

"It is a camera system that flexes 100 degrees in every direction as opposed to a regular laparoscopic camera which is set at 30 or 45 degrees" Dr. Tran said. "This allows me to place the camera in the abdomen at an angle which allows me to be able to perform the operation without the camera getting in the way of my instruments."



Some surgery team members with Dr. Tran in a surgical suite at St. Joseph's Hospital-North in Lutz. From left, from left, surgery RN first assistant Lisa Lockhart., surgical lead tech Carlita Register, surgical/procedural supply analyst Lisa Ferrer, Dr. Tran and surgery RN first assistant Duane Kelloway.



Dr. Tran holds the flexible tip camera that allows him to do single incision surgery. It flexes 100 degrees in every direction.

The camera projects a large magnified image of the surgical area onto a monitor.

Dr. Tran said SILS procedures require an experienced surgeon highly-skilled in laparoscopic surgery and a surgical team that understands the nuances of the operation and camera system. He

has performed several thousand of these procedures over the last decade at St. Joseph's Hospital-North. "The staff at St Joseph's-North are very well adept with the procedure and are essential to the success of the procedure."

"If you want to have SILS surgery, it is important to find a surgeon that has been properly trained," Dr. Tran said. "It's not an easy operation due to the confinement of the space and inversion of your hands (left is right and vice versa). The learning curve is quite steep with most surgeons requiring up to 50 operations before becoming completely comfortable with the technique."

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Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

When you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The Ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with **The National Institute of Spine and Pain** has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

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 & 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 Neuromodulation 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).

The National Institute of Spine & Pain

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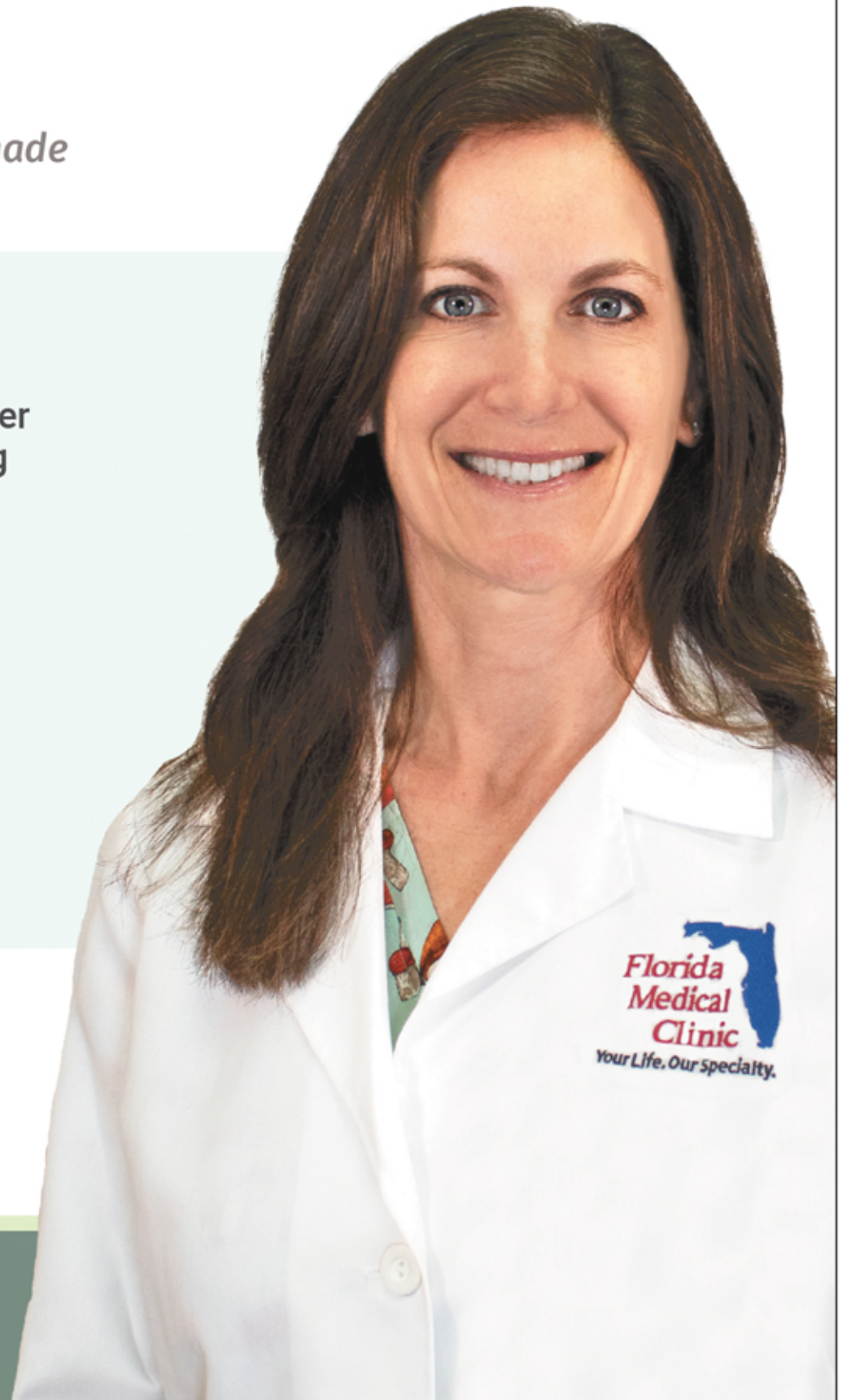
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KIDNEY CANCER

Kidney cancer is one of the 10 most common cancers. It occurs two times more often in men than in women. According to the American Cancer Society (ACS), the lifetime risk for developing kidney cancer is 1 in 46 for men and 1 in 80 for women. It is also more common in African Americans, American Indians and Alaskan Natives. The average age at diagnosis is 64, and kidney cancer is very uncommon in people younger than 45.

A Closer Look

The kidneys are located below the ribs, behind the abdominal wall and on each side of the spine. These powerful bean-shaped organs work constantly to keep blood clean and to help balance electrolytes and hormones. While their main job is to filter and remove waste products in the form of urine, the kidneys also secrete many hormones, which help keep blood pressure normal and increase the production of red blood cells. Most people are born with two; however, it is possible to live a healthy and active life with only one functioning kidney.

Signs & Symptoms of Kidney Cancer

Nearly 82,000 Americans will be diagnosed with kidney cancer in 2023, according to ACS estimates. The rate of new kidney cancers has been on the rise since the 1990s (although it has leveled out in recent years). Some researchers suggest the rise is due to improvements in the imaging and computed tomography (CT) scans used to diagnose the disease, as well as an increase in the use of these tests.

Kidney cancer begins when cells develop changes in their DNA (known as mutations) and begin to grow and divide rapidly. These abnormal cells can form a tumor that can grow within the kidney or spread to other parts of the body.

Renal cell carcinoma is the most common type of kidney cancer, making up more than 90% of all cases. Other less common types of kidney cancer include transitional cell carcinoma, renal sarcoma and Wilms' tumor (in children).

In the earliest stages, kidney cancers don't typically cause noticeable symptoms. Some possible indicators are:

- Blood in the urine
- Persistent pain or a lump on one side of the lower back, below the ribs
- Fatigue (feeling tired)
- Anemia (low red blood cell count)
- Loss of appetite or weight loss not due to dieting
- Fever, chills or night sweats that won't go away

These symptoms can signal other health problems as well, so it is important to report any concerning signs to your health care provider. Taking proactive steps is vital to diagnosing problems early, when treatment can be more effective.



Currently, there are no routine screening tests available to detect kidney cancer. While urine tests do not diagnose kidney cancer, they can detect whether there is blood, infection or proteins in the urine, which can be signs of kidney disease. Blood tests can determine whether the kidneys are working properly. If these test results indicate cancer or that a mass may be present,

your doctor may order a specialized imaging test. CT scans and/or magnetic resonance imaging (MRI) scans produce highly detailed, 3-D images and can help to make an accurate diagnosis.

Treatment Options

The earlier kidney cancer is found, the better the chances are for a more positive outcome. Treatment can involve surgery, radiation therapy, chemotherapy or immunotherapy. Decisions about treatment are made based on the stage of the cancer, as well as the patient's age, general health and personal preferences.

Risk Factors

People with a family history of kidney cancer have a higher risk of developing the disease, as do those who receive long-term dialysis to treat chronic kidney failure. The risk of kidney cancer also increases with age. Other known risk factors include:

- Smoking
- High blood pressure
- Obesity

Making healthy lifestyle changes in diet, staying active and quitting smoking (or never starting) are among the best-known measures for preventing cancer and other diseases. Getting regular physicals and staying on track with recommended screenings and vaccines also contribute to healthier outcomes.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. One of the most promising and successful new treatment areas for cancer is immunotherapy, which uses the body's own immune system to find, target and fight many forms of the disease, even at advanced stages.

Clinical trials have played an important role in these advancements, which are now saving more lives. Patients who participate in these safe and carefully supervised groundbreaking research studies are receiving the latest treatments available, which can have positive impacts on their outcomes.

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 (FCSI) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

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



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For more information, visit FLCancer.com

NEXT-GEN PHYSICAL THERAPY IN TAMPA TAKES A UNIQUE APPROACH TO YOUR WELLNESS GOALS

Are you in pain or suffering from limited mobility and feel like you've run out of options to ever feel like you again? The good news: Your location may prove to be the advantage you need to finally reach your health potential!

Tampa Bay Times reports that Tampa is currently the number three spot among U.S. cities where people are moving. And while most cities are losing people, the Big Guava attracted 9,000 new residents in the first two months of 2022 alone. Today, Bloomberg estimates that 150 people move to Tampa every single day.

And while many new residents have left California, New York and other big cities to get more for their money, enjoy the theme parks, beaches, sports teams and favorable weather - they're also discovering another lesser-known perk: Tampa is the home of state-of-the-art physical therapy innovation.

Introducing Tampa's Answer to the Future of Healthcare

With locations along W. Bay to Bay Boulevard and W. Hillsborough Avenue, Competitive Edge Performance Physical Therapy (CEP) is playing a major role in research and development for all new physical therapy technology nationwide. Built off 25 years of experience and history in the Tampa area, Jason Waz and his team have made it their business to deliver one-on-one care through unique technology and services that has been proven to produce better patient outcomes, faster.

The Physical Therapy Technology Approach Improving Lives

Traditional physical therapy often fails to work for patients due to a variety of reasons including non-specific treatment plans are used, goals aren't identified or the insurance dictates the treatment. This old way of PT can't achieve your unique, ambitious goals to reduce pain, improve range of motion and functionality or increase strength and flexibility.



So, how can this be done - and in an average of just four visits no less? You need the right tools! After years of research and performance trials, CEP now employs an innovative array of physical therapy technology to advance patient results safely and quickly. Let's look at the three most popular tech improving patient outcomes:



The NEUBIE: Different from previous e-stim iterations in the industry, the NEUBIE replaces alternate currents with direct current waveforms that positively affect your neurological control of movement. Considered a neuromuscular re-education device, the NEUBIE can identify areas of the body where there is a disconnect between the nervous system and muscles with 100% accuracy so your therapist can reprogram that area with a personalized program of care.

The HRV Assessment: As a great supplement to NEUBIE therapy, a clinical Heart Rate Variability (HRV) system will assess your nervous system state (essentially whether your body is in "fight or flight" or "rest or relax" mode as an indicator of real-time health and may even expose the link between stress, pain, mood and injuries. This non-invasive, 5-minute procedure outlines a picture of your overall wellness and recovery capacity by gaining biofeedback from electrical activity of the heart.

PEMF Therapy: Pulsed electro-magnetic field (PEMF) therapy is typically a 30-minute, non-invasive process that shakes off the stress by sending direct pulsed energy waves into your body's natural magnetic field, serving as a form of "energy medicine" by increasing the motion of electrolytes and ions in your body's tissues and fluids. As cells are recharged, the restorative rest capacity is enhanced and energy is increased - similar to recharging your body's batteries. It's an effective easy way to go from a "fight or flight" response to a "rest and relax" response.



In these ways, the next-gen physical therapy available in Tampa, Florida doesn't just benefit the body - it can also have a profound impact on your mental and emotional health as well by helping you battle low energy levels, low immune systems and brain fog.

Next-Level Care Starts with Dedicated, Expert Service

Competitive Edge Performance Physical Therapy provides patients with an unparalleled supportive and motivating environment to help them achieve their goals. Whether you've been in treatment with CEP for a while or you're new to town and in need of a new therapist, CEP works with patients to assess your current state and develop a personalized treatment plan that takes into account your unique needs and goals. This personalized approach ensures you receive the care and attention you deserve to achieve the best possible outcome, typically in less than just four sessions!

If you're new to the area or not getting the results you hoped for from your current provider, it's time to give yourself a competitive edge with Jason and his team in Tampa.

Quality Care is Available in Your Tampa Community

Competitive Edge Performance Physical Therapy in Tampa, Florida is here for you! Our expert physical therapists can see you within 48hrs of your request for screening, and we are dedicated to earning your trust and becoming your concierge for optimal health.

We're proud to see that the Tampa Bay area has become a highly sought after area and if you're new to the area and searching for a solution for optimal health, let our physical therapists show you the way! At CEP, we're equipped to see patients right away and can either continue your previous physical therapy where you left off or design a new program based on our assessment to target key areas of optimal health like stress management and wellness/recovery initiatives.

LIMITED TIME OFFER: *Free HRV screenings* are available to get a baseline review of your overall health - just mention this article! Book today by calling (813) 849-0150 or visiting us at either 3105 W. Bay to Bay Blvd, Tampa, FL 33629 or 13817 W. Hillsborough Ave., Tampa, FL 33635.



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Neuropathy Can Be Treated With Advanced Technology, BUT Not All Providers Offer This Therapy

BY DR. ROBERT LUPO, D.C.

None of us are impervious to aches and pains, but for numerous individuals chronic tingling, numbness, and pain disrupts their lives on a daily basis. In the United States, neuropathy affects close to 25 million people. Neuropathy symptoms are typically a heavy sensation in the limbs with numbness, tingling and pain.

Many people only associate neuropathy with diabetes, but that percentage makes up about 30% of the population affected. Other causes of the disorder are viral conditions, immune disorders, trauma, celiac, radiation therapy, chemotherapy, vascular disease, and alcohol use disorder, to name a few. Neuropathy can become debilitating.

What you don't want to do is ignore your symptoms. Treatment is critical to get you back to living and enjoying your life.

Traditional Treatments

The most common treatment for nerve damage is to mask it with prescription medications. Unfortunately, these medications are addictive and only act as a band aid. Getting to the root cause of your neuropathy is critical.

A Better Treatment Option

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

Advanced Treatment with Quantum Technology Gets to the Root Cause

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

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

RST Sanexas: Is NOT a TENS unit device

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



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

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

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

How Sanexas Technology Relieves Neuropathic Pain

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

Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will

vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

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

Dr. Robert Lupo, D.C.

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

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

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



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Many Seniors are Malnourished

Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own. It's important to map out plans to make the home safer and easier to maneuver, but it's also critical to incorporate healthy eating options on a regular basis.

Due to physical limitations and/or cognitive issues, many seniors are malnourished. Not eating properly puts seniors in jeopardy; they are at the highest risk of all the population in the United States except for youth. Improving the diet with nutritious foods will provide longer healthier life.

Setting reminders, providing groceries or meal services are helpful, as is checking in on the elderly.

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
- Depression
- Cognitive decline and confusion

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.

At Aston Gardens senior community. Residents are always well cared for and properly fed nutritious, healthy fare through the exclusive *Sensations Dining* program.

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.



Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

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

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.¹

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

References:
1. Z Ding, Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review, *Interv Neurol*. 2014 Aug; 2(4): 201-211.



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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

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



BE A PARAMEDIC IN ONE YEAR

By Dr. Jeff Ziomek, EMS Program Director, Hodges University

Rain or shine. First thing in the morning or in the middle of the night. Weekends and holidays. They are there to help us when we're at our worst. When we're sick or injured. They answer the call. From the young to the young at heart, we all know their number: 9-1-1.

They are paramedics.

It all starts with a passion for helping others. For a career as a Florida paramedic, your first step is to become an Emergency Medical Technician (EMT). That's where you'll learn the foundational skills needed. As a matter of fact, you can start with us at Hodges University and graduate from our EMT training course in just seven weeks.

With your EMT skills in hand, you can graduate from our paramedic program in just one year and take the NREMT exam for your license. Our paramedic program is flexible with daytime classes two days a week, plus clinical rotations and field internships. There are also opportunities to receive financial aid. When you graduate, you'll also have 42 college credits. Someday, you may want to return and get those last 18 credits for an associate degree. If you are thinking that moving up the ranks and into administration is something you want to do, a college degree, along with your experience, will help.

Being a paramedic means you have the knowledge and skills to provide advanced life support before your patient reaches the hospital. When it comes to helping others, every second counts.

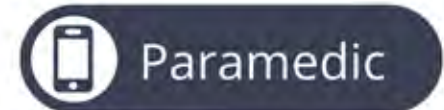


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and enjoy working in a team environment.

Communicating clearly with your patients, your colleagues, and the patient's family is essential. While you don't need to be the strongest person, you need a certain amount of physical fitness in order to successfully and safely move and transport patients from the scene, into the ambulance, and then from the ambulance into the hospital emergency room.

As a paramedic, the rewards are many. You'll build a special sense of family with your colleagues. The most satisfying aspect is helping people when they need you the most. You could be responding to someone who's having difficulty breathing, a mother in labor, or a car accident. You could work at a scene with other agencies, like the fire department and law enforcement.

What you do makes a difference, and your patients and their families will remember that.



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Does Converting to a ROTH IRA Make Sense for You?

PAID ADVERTISEMENT

Health and Wellness magazine was able to sit down for a heart-to-heart about Roth IRA's with Mr. Dale Cebert, Private Wealth Advisor and President of Cebert Wealth with Ameriprise Financial. Dale is passionate about finances and his clients. Dale offers advice in simple terms to those of us who need more than just catchphrases.

H&W asks: What are the benefits of a Roth IRA?

Dale Cebert: A Roth IRA offers you tax-free withdrawals. When your money is in a Roth IRA for at least 5 years, you will not pay income taxes on the money you take out.

H&W: How does a Roth IRA work if I receive Social Security?

Cebert: Roth distributions are tax-free. They do not count towards the income threshold for Medicare premiums, Social Security taxation or taxable net income.

H&W: Do I have to take out a mandatory amount each month?

Cebert: No. There are no required minimum distributions with a Roth IRA. Your account can continue to grow over time, which means you can still earn retirement income even after retirement.

H&W: What if I pass before I have drawn out all the amount in the IRA?

Cebert: The Roth IRA can be good way to share your legacy. There are some distribution requirements for non-spouse beneficiaries, but beyond that, distributions are free of income taxes and penalties.

H&W: Sounds like a great plan. So how does converting to a Roth work?

Cebert: If you have money from an IRA or an employer-sponsored plan, my team and I can help you convert it to a Roth IRA. Earnings and any money that was contributed pretax are subject to income tax for the year you convert. Converting an employer-sponsored plan to a Roth IRA could be especially beneficial if you have after-tax money in a 401(k) plan. You may be able to convert after-tax money to a Roth IRA tax-free. Your plan administrator and tax adviser can check to see if this is possible for you.

H&W: What would be an example of an "employer-sponsored plan"?

Cebert: A 401(k) would be one example. Converting an employer-sponsored plan to a Roth IRA could be beneficial if you have after-tax money in a 401(k) plan. You may be able to convert after-tax money to a Roth IRA tax-free.

H&W: What would be an example of an "employer-sponsored plan"?

Cebert: A 401(k) would be one example. Converting an employer-sponsored plan to a Roth IRA could be beneficial if you have after-tax money in a 401(k) plan. You may be able to convert after-tax money to a Roth IRA tax-free.

I talk with a lot of teachers who are worried their state teachers' retirement account may not be enough or may not be fully funded by the time they retire. A 401 (k) could be an effective way to protect the money teachers, police officers, firefighters, and other public servants have worked so hard to earn.

H&W: Thank you, Mr. Cebert, for these interesting facts. This is excellent information that I, as someone who isn't super well-versed in finance, can understand. Any closing thoughts?

Cebert: Sure! Ask yourself these questions and see if a Roth IRA conversion may make sense if you:

- Do you expect to be in the same or higher tax bracket in retirement?
- Do you have a long period of time before you intend to access the funds?
- Do you have money outside your retirement account(s) to pay the taxes?
- Would you like to leave a tax-free inheritance to your heirs?
- Do you have after-tax money in a 401(k) or traditional IRA?
- Are you burdened with a depressed account value due to a market downturn?

Let's talk if you answered yes to one or more of these questions!

We offer a complimentary initial consultation. Schedule a complimentary initial consultation if you're interested in learning more about how we can help you meet your financial goals. Even if you're already working with another professional, we can give you a new perspective and answer your unaddressed questions.

Dale Cebert is a financial advisor in The Villages, FL, and has earned his ChFC®, CLU®, and CASL®. Dale earned a Bachelor's Degree in Business from the University of Central Oklahoma. Cebert Wealth is celebrating its 25th year in The Villages this year.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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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.

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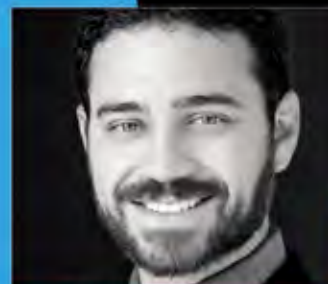
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