

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

March 2023

St. Petersburg/St. Pete Beach Edition - Monthly

www.healthandwellnessFL.com

 **FREE**

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Healthy
Friendships**

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Celebrates 40 Years**

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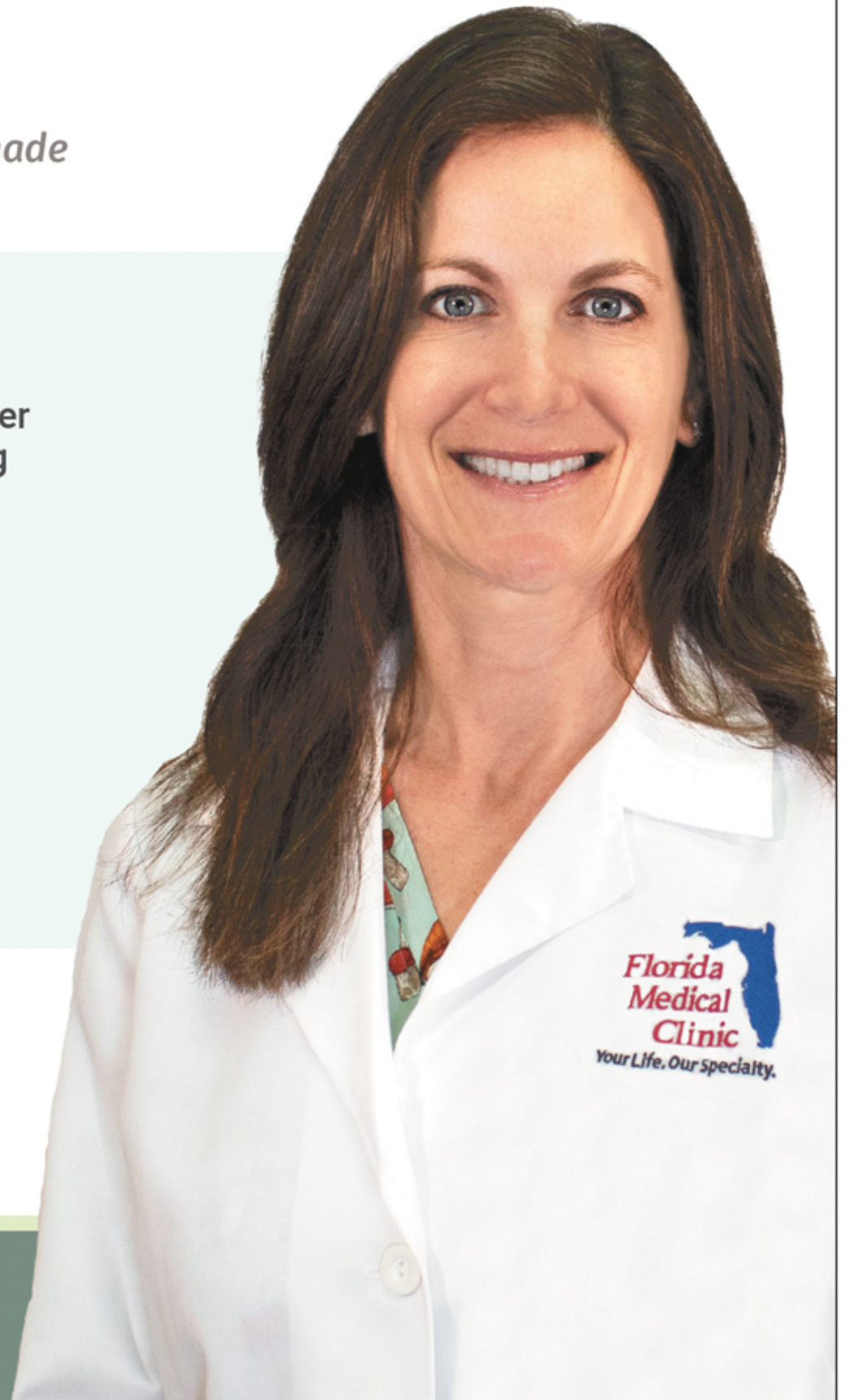
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CONTACT US

OWNER / ACCOUNT EXECUTIVE

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

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

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St. Anthony's Triathlon Celebrates 40 Years

Back in 1984, "Where's the Beef?" and "I'll Be Back" were the top catchphrases. Madonna's lace was the hit of the fashion world. Dynasty and Dallas led the television ratings race.

The St. Anthony's Triathlon got its start in 1984. And this year the Triathlon, which has been named as one of the Top 10 Great Destination Triathlons in the United States by Complete Tri, is marking its 40th year.

Registration for the 2023 St. Anthony's Triathlon is open at <https://runsSignup.com/Race/FL/SaintPetersburg/StAnthonys>. Events for the race weekend, April 28-30, 2023, will include the Olympic, Sprint and Meek & Mighty triathlons. Volunteers may also register at this link.

"We are so excited to celebrate our 40th year," said St. Anthony's President Scott Smith. "The St. Anthony's Triathlon is one of the oldest triathlons in the country. We couldn't be prouder to continue the tradition of providing races for professional athletes, weekend warriors and young competitors."

In its first year, the Triathlon welcomed about 600 athletes to swim, bike and run along the scenic waterfront and through the picturesque neighborhoods of St. Petersburg. The Triathlon now hosts thousands of individual athletes and dozens of relay teams.

"We really want to make this weekend special for the athletes as we celebrate our 40th year," said Patrick McGee, Triathlon manager and race director. "We have designed special medals to mark this milestone. And we invite athletes who participated in that first year to come back and celebrate with us."



The city of St. Petersburg skyline and other city locations are highlights of the St. Anthony's Triathlon.



The St. Anthony's Triathlon Olympic-distance race is celebrating 40 years. Participants in all three races will receive one of these three medals when they cross the finish line.

Last year, Matthew Sharpe of Boulder, CO, won his first St. Anthony's Triathlon men's championship, beating out his next closest competitor by one second and setting a new men's record. He is scheduled to return to defend his title. On the women's side, Paula Findlay of Bend, OR, also claimed her first St. Anthony's Triathlon prize in 2022.

"We hope that many of our past champions will return to be a part of our 40th celebration," McGee said. The Triathlon has featured world champions, Olympians and professional athletes from across the country and around the world.

In addition to being a past regional championship race and the USAT Southeastern Club Regional Championship, the St. Anthony's Triathlon also has been named one of the "5 Bucket-List Olympic Distance Triathlons in North America" by Triathlon Magazine Canada.

The three-day St. Anthony's Triathlon Weekend includes:

- *The Olympic-Distance Triathlon*, set for Sunday, April 30, which is known for its talented professional field.
- *The Sprint Triathlon*, also on April 30, which features shorter distances than the Olympic-distance race along the same course.
- *The Meek & Mighty Triathlon*, on Saturday, April 29, a race for novice adults and children who are new to the sport of triathlon.



Swimmers glide through Tampa Bay with the St. Petersburg Pier in the background at the St. Anthony's Triathlon.

The events feature a swim in Tampa Bay for athletes in the Olympic- and Sprint-distance races; a bike ride that takes athletes by modern high rises and into quiet neighborhoods whose streets have been described as flat and fast; and a run through one of St. Petersburg's oldest neighborhoods. The Meek & Mighty features a pool swim.

The weekend also includes the St. Anthony's Triathlon Sports & Fitness Expo, a showcase of the latest equipment for multisport athletes, workshops for athletes to prepare for the races and information tables featuring various St. Anthony's Hospital and BayCare services.

For more information about the events, visit SATriathlon.com. Athletes and fans can be a part of the conversation on the St. Anthony's Triathlon Facebook page at Facebook.com/StAnthonysTriathlon by using the hashtag, #StAnthonysTri.

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 ST. ANTHONY'S TRIATHLON

HOW DOES SHOCKWAVE THERAPY AFFECT BONE AND CARTILAGE?

By Regenxx 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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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.

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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!

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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! Long sleeve 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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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.

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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

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org

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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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.

www.venturenaples.com



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.

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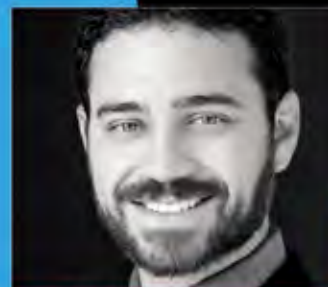
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Pkwy, Ste 104,
Sarasota FL 34243

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Winter Park, FL 32789