

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

April 2023

Pasco/North Tampa/New Tampa Edition - Monthly

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FREE 



**TIPS FOR
RELIEVING
STRESS**

See Page 17

**Heart Rate
Variability &
Your Optimal
Health Status**

See Page 10

**6 REASONS TO
AVOID KNEE
REPLACEMENT
SURGERY**

See Page 8

**URINARY
INCONTINENCE**

**An In-Office Therapy
That is Incredibly Convenient**

See Page 13

**BayCare Hospital
Wesley Chapel
Opened Its Doors and
Welcomed First Patient**

See Page 6



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SCAN ME

CONTENTS

APRIL 2023

- 6 BayCare Hospital Wesley Chapel Opened Its Doors and Welcomed First Patient
- 7 Esophageal Cancer
- 8 6 Reasons to Avoid Knee Replacement Surgery
- 10 Heart Rate Variability and Your Optimal Health Status
- 12 How Nancy Went from Excruciating Neck Pain All Day, Everyday... to No Pain!
- 13 Urinary Incontinence: An In-Office Therapy That is Incredibly Convenient
- 14 GAINESWave Has Helped Numerous Men, Just Like You
- 16 Long Haul COVID Symptoms
- 17 Tips for Relieving Stress
- 18 Spiritual Wellness: When You Are At Your Wits End

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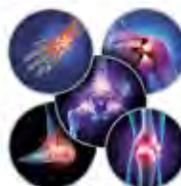
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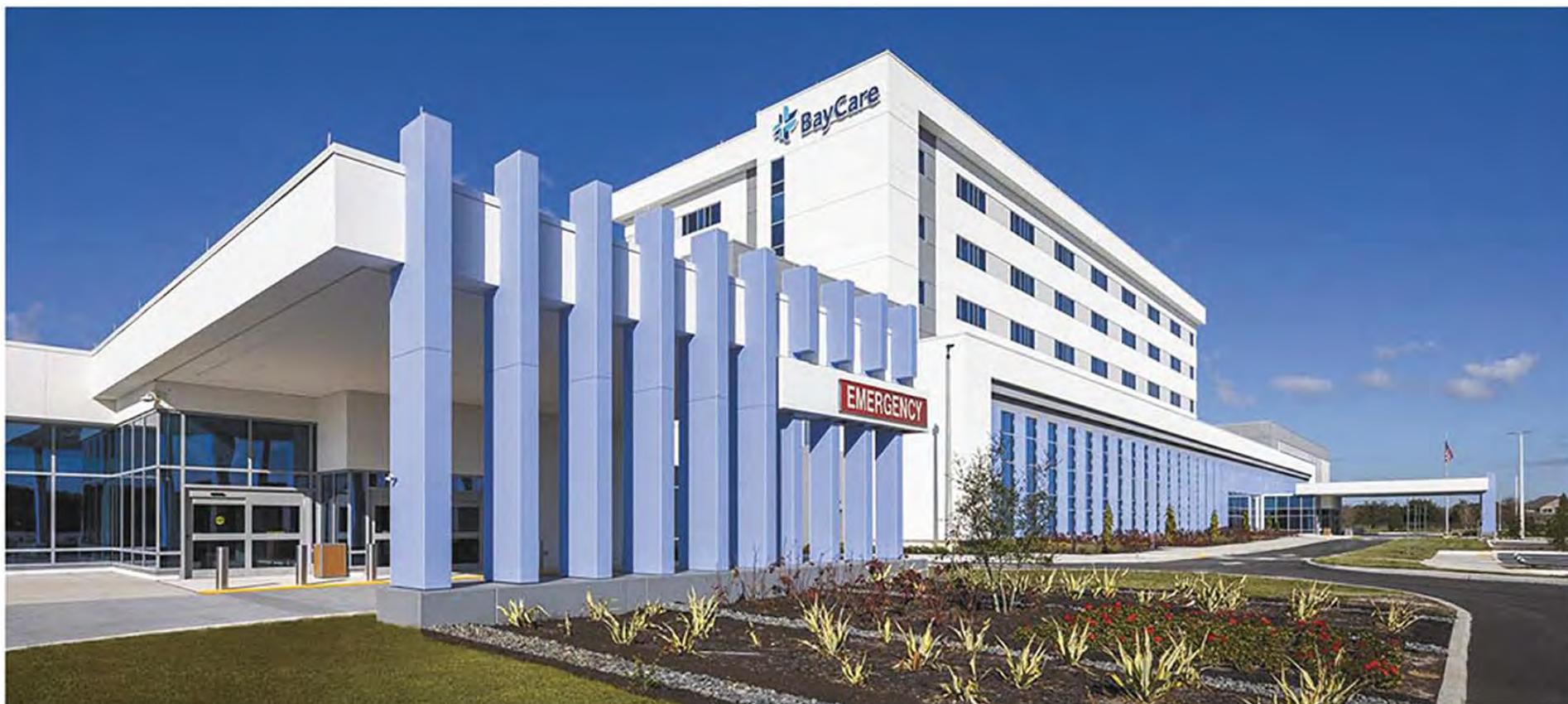
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BayCare Hospital Wesley Chapel Opened Its Doors and Welcomed First Patient

The long-awaited opening of BayCare Hospital Wesley Chapel (BHWC) came Tuesday, March 7, and the day was filled with excitement, some first-day jitters and an eager staff ready to serve the Pasco County community.

The staff assisted 33 patients and had 13 admissions on its first day, including Andrew Palsgraf, an airline technician, who was BHWC's first patient. He eagerly awaited the opening of BHWC so he could be treated by BayCare professionals.

"The staff here is phenomenal; they treat you like family and that's the way it should be," said Palsgraf. "I was here first thing in the morning, and they figured out what was wrong with me. Everyone was so courteous and professional."

Upon arriving at the campus of BHWC, all visitors and patients will have the option of free self-parking or complimentary valet services. Once inside, the Guest Services staff will greet you and help you

visit loved ones, answer questions and connect you to resources. The hospital also has amenities including a cafeteria called Waves Café, the Double Branch Gift Shop and a chapel.

The 86-bed, 318,000-square-foot hospital provides comprehensive medical services and health care resources including an emergency department, an intensive care unit with virtual-monitoring beds, diagnostic services such as imaging and lab, and surgical services. The \$246 million facility is the first BayCare-branded hospital and the first time BayCare has built and licensed a new hospital. It serves patients in Pasco, Hernando and northern Hillsborough counties.

"Now that our doors are officially open, we are excited to welcome patients for emergency services and provide them with the high quality, value-driven care that is BayCare," said Rebecca

Schulkowski, president of BayCare Hospital Wesley Chapel. "We are happy to be here and look forward to growing with the community for years to come."

BayCare Hospital Wesley Chapel, located at 4501 Bruce B. Downs Blvd. in Wesley Chapel, is one of BayCare's newest facilities in Pasco County. The new hospital will be more convenient for existing patients while also giving residents more options when choosing a provider. BayCare currently serves that community with behavioral health, home health services, physician offices, other ambulatory services and easy access to its other 15 hospitals across the region.



For more information, visit [BayCareWesleyChapel.org](https://www.BayCareWesleyChapel.org).

ESOPHAGEAL CANCER

Esophageal cancer is rare, but for several reasons, it deserves our attention.

Because it is usually diagnosed at later stages when it is more difficult to treat, about 20% of patients diagnosed with the disease will survive five years or more. Treatment and survival rates have improved in recent years.

The chance of developing esophageal cancer increases with age; the average age at diagnosis is 68. The lifetime risk in the United States is about 1 in 125 in men and about 1 in 417 in women, according to the American Cancer Society. Men are about three times more likely than women to have esophageal cancer, and white men develop the disease at higher rates than black men.

The number of people diagnosed with the disease has been on the rise in recent years. Between 2012 and 2019, the rate of esophageal cancer among adults age 45 to 64 nearly doubled in the U.S. Soaring rates of unhealthy eating, obesity and heartburn, in addition to smoking and alcohol use, appear to be contributing factors.

Understanding the Esophagus

The esophagus, commonly referred to as the food pipe, is a hollow, muscular tube about 10" – 13" long that connects the throat to the stomach. It is located in the center of the chest, behind the trachea (windpipe) and in front of the spine, and it functions as part of the digestive system, carrying food and liquid from the throat to the stomach.

At its upper opening is a ring-shaped muscle known as the upper esophageal sphincter. It opens to allow food to enter. Once inside, the food is pushed downward through a series of muscular contractions (called peristalsis) through the diaphragm, into the lower esophageal sphincter and through to the stomach.

Several conditions can occur when the sphincter muscles do not work properly. The most common is acid reflux, when stomach acid and digestive juices flow back into the esophagus and cause heartburn or inflammation.

Gastroesophageal reflux disease, or GERD, is a more severe form of acid reflux that can cause serious damage over time. Long-standing GERD can trigger a change in the cells that line the lower esophagus, causing Barrett's esophagus, which is associated with an increased risk of developing esophageal cancer.

Warning Signs of Esophageal Cancer

Cancer occurs when cells develop changes in their DNA and form a mass, called a tumor. Esophageal cancer starts in the inner layer of the esophagus wall and grows outward. Cancerous cells can also divide and spread to other parts of the body.



The exact causes of esophageal cancer are not clear. However, researchers believe that chronic acid reflux or GERD may be contributing factors. Other risk factors include smoking, drinking alcohol, obesity, improper nutrition, or undergoing radiation treatment to the chest or upper abdomen.

The Esophageal Cancer Action Network recommends talking with your doctor if you experience any of the following:

- More than occasional heartburn symptoms
- Worsening heartburn symptoms
- Pain or difficulty swallowing
- A persistent, unexplained cough or sore throat
- Coughing or choking when lying down
- Speaking with a hoarse voice over several weeks
- A family history of esophageal cancer or Barrett's esophagus

These symptoms can signal other health problems. Taking proactive steps is vital to diagnosing problems early when prevention or treatment can be more effective.

There is no screening test for esophageal cancer. If your health care provider suspects cancer may be present, a variety of exams, tests and biopsies can help to confirm a diagnosis.

Treatment Options for Esophageal Cancer

There are two main types of esophageal cancer, in addition to a few very rare types. Squamous cell carcinoma, which usually develops in the upper and middle part of the organ, is the most common worldwide. Adenocarcinoma, which begins in the lower part of the esophagus where it meets the stomach, is the most common in the U.S. and primarily affects white men.

Treatment options depend on a number of factors, including the specific type and stage of cancer, possible side effects, and the patient's overall health and personal preference. Esophageal cancer treatment can include surgery, chemotherapy, radiation, endoscopic therapy or a combination of these.

Increasingly, immunotherapies that strengthen and use the body's own immune system to attack cancer are yielding positive outcomes. New types of immunotherapy drugs have been approved in recent years to treat the most common types of esophageal cancer.

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. 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 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

6 Reasons to Avoid Knee Replacement Surgery

By Regenxx at New Regeneration Orthopedics

Knee replacements are occurring far too often today and the simple truth is that they may be entirely unnecessary. This is mostly due to the fact that effective nonsurgical options now exist and that in some cases, the knee pain may actually be stemming from another part of the body, such as the spine. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers. When knee pain is legitimately caused by a knee condition, many knee-replacement candidates seek out alternatives to surgery. There are many regenerative-medicine options, such as autologous (coming from one's own body) stem cell injections, that could potentially relieve pain and increase activity levels without "amputating" the knee, sawing bones, snipping away pieces of meniscus or frayed cartilage, and replacing the knee with a foreign device. If it is determined that your knee pain is due to a spinal condition, there are also nonsurgical options for spinal treatment to consider.

Knee replacement surgery should really be a last resort in only the most extreme cases. For those who are still considering knee replacement despite the risks that it presents, here are six reasons to avoid knee replacement surgery.

1. Chronic Knee Pain

Ultimately, chronic knee pain is the main reason that most people finally decide to have a knee replacement. They simply want relief. Unfortunately, knee replacement surgery may possibly come with even more pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Some even rate their pain as greater than or equal to their pain prior to surgery. Even after two, three, or four years post-surgery, patients have reported that their pain is worsening.

As we mentioned previously, one explanation of chronic knee pain could be that the source of the knee pain is not actually a knee condition. This could be one of the reasons that the pain does not subside after surgery. It stands to reason that if the pain in the knee was caused by spinal nerves, for example, that your pain will not simply go away after a knee replacement. It is essential that



the root cause of the pain is discovered and is the focus of treatment. You do not want to have surgery on your knee joint if what you truly are experiencing is a condition in your back.

If you are curious to know whether your back is the cause of your knee pain, there are signs to look for, such as hamstring tightness, bunion formation, and if you are experiencing both back and knee pain. Note that it is not guaranteed that you will experience any of these symptoms if your knee pain stems from the low back. A low back condition can present itself solely as knee pain. On the other hand, if your knee pain is accompanied by back pain, it would absolutely be a sign to avoid knee replacement surgery.

2. Expectation May Not Meet Reality

We have all seen the TV commercials and advertisements of middle-aged and elderly people who are running on a beach or playing sports with their families allegedly after knee replacement surgery. Marketers and advertisers really make it appealing to jump on the bandwagon and give people a false sense of reality. The truth, however, is that only 5% or less (1 in 20 people) actually achieve anything close to normal physical activity following knee replacement surgery.

The disturbing trend of marketing knee replacements to those who are 55 years old or younger has also gotten out of hand in recent years. Younger patients expect much more out of their knee replacements in comparison to older patients. Because of this high expectation, 15% of younger patients actually undergo another surgery to fix their knee replacement just five years after their original surgery.

3. Pseudotumors and Tissue Damage Caused by Metal Ions in the Blood

Wear particles are microscopic pieces of metal, ceramic, or plastic that break off of the joint replacement, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many studies and class-action lawsuits. Additionally, the use of new plastics in artificial joints also poses issues if that plastic breaks off of the joint replacement and irritates local tissues and/or enters the bloodstream. It is also notable that minimally invasive knee replacements involve only partial replacements or resurfacing, however, these smaller devices must all be metal to withstand the stresses of the knee joint. This means more metal wear particles and ions in your bloodstream.

Many studies have demonstrated cause for concern regarding metal ions in the blood after knee replacement surgery:

- In Austria, researchers discovered that the size of the prosthesis is directly correlated with the blood concentration of metal ions. This means that the larger the knee replacement device, the more metal ions found in the bloodstream.
- In Italy, a group of researchers found more metal ions present in knee replacement patients who had a loose prosthesis. This is due to the fact that in some patients, the knee replacement device may not be seated tightly or did not bond correctly to the surrounding bone causing additional wear between the bone and the metal leading to an increased amount of metal particles.
- In Germany, a group found that after a knee prosthesis was implanted, metal ions in the blood increased precipitously.
- Other German researchers discovered higher serum levels of chromium and cobalt in knee replacement patients when compared to patients without knee replacements.

Why do these discoveries matter? These wear particles and metal ions can cause harmful metal toxicity within your body as well as create pseudotumors and tissue damage at the genetic level. Additionally, according to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes including sensory changes (auditory, or visual impairments), psychological status change (including depression or cognitive impairment), kidney function impairment, and thyroid dysfunction.

- Even when cross-linked Polyethylene is used instead of metal, a study showed that it caused the knee tissues to produce a much nastier stew of cartilage inflammation and break down chemicals.

4. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

- Those with any type of allergy. Even patients with allergies that are as simple as pollen or dander should avoid knee replacement surgery. People who

are considered "allergic" have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful. If that one thing is a knee replacement device, this drastically affects the outcome of a surgery.

- Those with metal sensitivities. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

Unfortunately, those who consider themselves to be an "allergic person" may experience more pain after a knee replacement because of an allergy related to the replacement device and the chronic inflammation that it causes. Those people who suffer from four or more different allergies may suffer from pain that is more prevalent. The cement used to bond the device to the bone can also cause an allergic reaction. In these cases, the device is more likely to fail, need to be replaced sooner, or causes chronic pain.

5. Increased Risk of Heart Attack, Stroke, and Bleeding Stomach Ulcers

Knee replacement patients aged 60 and up are 31 times more likely to experience a heart attack in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. This leads to extreme stress on the body and a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain. Clots are fairly common. According to one study, blood clots in the legs that produced symptoms were found in 34% of patients.

Men are at an even greater risk of having a heart attack after knee replacement surgery. One research study discovered that the risk of heart attack in men who have had a knee replacement increases by 79% in the years that follow the procedure. Additionally, the stress of undergoing the joint removal alone may be enough to trigger a stroke or a heart attack. Bleeding stomach ulcers can also occur following knee replacement. Study results show a three-times increase in stomach bleeding for up to six weeks post-surgery.

6. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A Swedish study observed the medical records of the "entire Swedish population born between 1902 and 1952." The risk for hip fracture for those who received knee replacements before surgery was

relatively low. In total, 3,221 patients suffered a hip fracture within 10 years following knee replacement surgery. This accounted for a 4% increase in the risk of hip fracture after knee replacement. In addition, we are also seeing bone density loss in hips. There could be a correlation between the two.

Alternatives to Knee Replacement Surgery

Although many patients have tried steroid injections or gel shots to increase the lubrication of their knee joints, this is not the best approach. Steroid shots actually kill off stem cells, cartilage cells, and increase cartilage breakdown. Even the commonly used local anesthetics used in the knees can be toxic to stem and cartilage cells. Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage. The Regenexx protocols allow for the ability to produce better and more individualized platelet products than the typical PRP centrifuge. If you suffer from moderate or severe arthritis, precise guided injections of your own stem cells may be a better choice to provide relief.

Since there are alternative options and a great number of risks associated with knee replacement surgery, you may want to just say no while you explore your options. Our Regenexx Procedure Candidate Form is a great place to start understanding if regenerative orthopedic medicine is right for you.



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

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HEART RATE VARIABILITY AND YOUR OPTIMAL HEALTH STATUS

Taking care of your heart health is not just for National Heart Month in February. Heart health contributes greatly to your overall optimal health status so, needless to say, it's crucial to continue your efforts throughout the year.

About CEP's Heart Rate Variability Technology

CEP's integrated heart rate variability (HRV) technology achieves a baseline of a client's physical state. The non-invasive, 5 minute procedure paints a picture of the body's wellness and recovery capacity by gaining feedback from electrical activity of the heart. Through analysis of this critical information, physical therapists can develop individualized plans to improve health status and increase functional capacity during fitness activities. In addition to assessing wellness in the general population, HRV diagnostics has also been utilized to demonstrate positive outcomes of physical therapy interventions in patients recovering from injuries when re-scanned throughout the course of treatment. Changes in HRV can be seen in many scenarios including:

- **Long term stress:** prolonged stress can cause HRV values to gradually drop, indicating that the body may need more recovery time.
- **Impact of illness:** Being sick can acutely drop HRV. If it remains low, even after symptoms disappear, it may be a sign that the body needs more time to normalize.
- **Disrupted sleep:** Jet lag or inconsistent sleep can put a strain on the body. Over time, this can impact the ANS and will be reflected in declining HRV.
- **Overtraining:** If you complete a hard workout, it can quickly lower HRV. In recovery, HRV will rebound. If HRV doesn't return to baseline, training may be too hard or too often. The body may need more time to recover.

How HRV Technology Helps Optimal Health Status

Historically, heart health has been assessed by indicators obtained from routine blood work, blood pressure monitoring and physical stress tests. However, technology now allows us to look closer into the heart's functionality, providing "insider



information" on how the body is operating as a whole. While it may appear that the heart beats to a steady rhythm, a healthy heart actually changes its rhythm with each beat. This metric is termed "heart rate variability" (HRV).

Heart rate variability is a measure of the variation of time between your heartbeats. It's a personalized metric that serves as one of the key indicators of your recovery status, overall health, and fitness level.



It provides a snapshot analysis of your autonomic nervous system (ANS) functionality—directly relating to your body's ability to turn on/off the fight or flight response. Your HRV can range anywhere from below 20 to over 200 milliseconds, and levels naturally fluctuate day to day. A key sign of health and recovery is a resilient HRV score that is able to rebound after taking a hit or gradually improves over time.

CEP HRV Testing Case Studies

We've studied a number of patients' HRV test results but CEP South Tampa's Doctor of Physical Therapy, Brock Labelle, showed especially significant improvements. Brock's HRV Testing report showed the improvements made from initial reading to follow-up over a 4-week period following NeuFit's "Master Reset" + stress reduction strategies, measured through Heart Scientific's – Heart Rate Variability technology. HRV is a great diagnostic tool to identify dysfunction in the nervous system and gauge improvement following interventions.

**Schedule Your Physical Therapy Appointment Now!
Contact CEP for Heart Rate Variability Testing**

Here's how each category improved:

Total Power

Overall rating of the energy reserves and output of the body (Normal between 2385-4545)

- Initial reading: 688
- Secondary reading: 3103

Vegetative Balance Index

This index defines the relation between the activity of sympathetic and parasympathetic divisions of the Autonomic Nervous System (Normal between 35-145)

- Initial reading: 414
- Secondary reading: 97

Neurodynamic Matrix

Displays the hormonal regulation assessment by means of neuro-dynamic analysis

- Normal between 50-100%
- Initial reading: 36%
- Secondary reading: 86%

Energy Resources

The index of the ratio of energy in versus energy out (Normal between 150-600)

- Initial reading: 106
- Secondary reading: 338

Stress Index

relates to the amount of energy the body will expand to maintain homeostasis or harmony (Normal between 10-100)

- Initial reading: 272
- Secondary reading: 55

Vegetative Index

Determining balance of Autonomic Nervous System, the more scattered the better the numerical relationships (Normal between 0.25-0.60)

- Initial reading: 0.20
- Secondary reading: 0.28

Biological age

Displays the assessment of the body's adaptation level

- Initial reading: 34 years, 7 years above actual age
- Secondary reading: 23 years, 4 years below actual age

PsychoEmotional State Index

Defines degree of devastating effect of stress on the body (Normal between 5-100%)

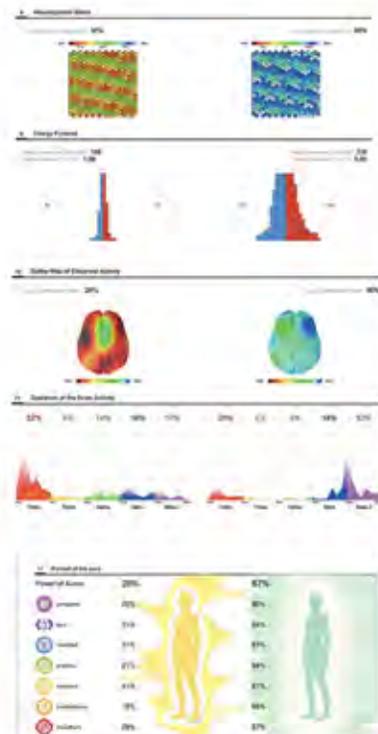
- Initial reading: 26%
- Secondary reading: 80%

Brain Wave Analysis

Frequency of brain activity extrapolated from ECG

- Higher beta waves indicate we are alert, attentive, engaged in problem solving, judgment, decision making or focused mental activity
- Initial reading: Delta wave dominant, low Beta waves
- Secondary reading: Increase in Beta wave activity, decreased Delta waves

The following are some of the charts and graphs seen in your personalized heart rate variability test report.



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

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

Radiofrequency Denervation

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

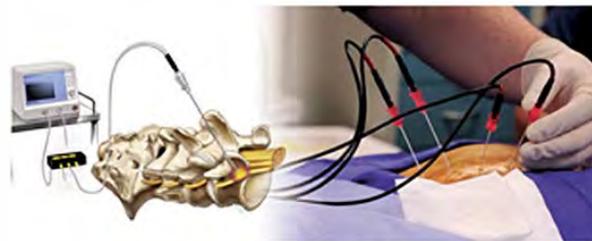
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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

A Patients Perspective

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

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



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

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

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

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

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



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

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

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

The National Institute of Spine & Pain

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Urinary Incontinence:

An In-Office Therapy That is Incredibly Convenient

By Parveen Vahora, M.D.

Many women have a disorder that they try to keep under wraps. If you are one of them, then you are familiar with crossing your legs and willfully praying you don't leak. Does laughing, jumping, or sneezing bring on an accidental urine stream? Avoiding surgery is a common quest. Wearing pads and pullup panties to conceal leaks is inconvenient to say the least.

You're not alone, in the United States, **urinary incontinence affects 15 million women.** Many people are familiar with Kegel exercises. These are accomplished by contracting the pelvic floor, but they are rarely completed accurately or effectively, and they can be awkward and time consuming.

Did you know men suffer from urinary incontinence related to prostate issues, obesity, neurological disorders and other conditions? Strengthening the pelvic floor muscles is also beneficial for men when it comes to certain disorders that lead to male urinary incontinence.

Pelvic floor muscles are the layer of muscles that support the pelvic organs and span the bottom of the pelvis. Strong pelvic floor muscles give you control over your bladder and bowel. Weakened pelvic floor muscles mean your internal organs are not fully supported and you may have difficulty controlling the release of urine.¹

THERE IS A BETTER WAY: EMSELLA™ TREATS BOTH WOMEN AND MEN

A new device called **EMSELLA™** is the key to effectively eliminating or significantly reducing urinary incontinence. EMSELLA is a unique chair that patients can simply sit and relax in (fully clothed) for 20 to 30 minutes in the comfort of their gynecologist's office. It produces vibrations that cause the pelvic floor muscles to contract. **One session is the equivalent of doing 11,000 Kegel exercises.**

EMSELLA utilizes electromagnetic energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions re-educate the muscles of incontinent patients.¹

EMSELLA produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment. Most women will undergo just six sessions in a full three-week program to restore their pelvic muscle strength.



The best part is, 75% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients have an improved quality of life.¹

**No Surgery | No Drugs | No Pain |
No Downtime—Just Sitting in a Chair!**

You just sit on the EMSELLA chair, fully clothed for 30 minutes, twice a week for three weeks and your pelvic floor muscles are tightened and lifted so that there is a substantial improvement in incontinence, leaking and off label "sexual gratification". It is a remarkable option to strengthen pelvic muscles, and to eliminate leaking during exercise, sneezing, laughing or for those who have an urgent need to relieve their bladder.¹

Who is a good candidate?

EMSELLA is a great option for women and men of any age who desire solution for urinary incontinence and improvement in their quality of life.¹

How Long Does EMSELLA take?

Your provider will tailor a treatment plan for you. A typical treatment takes about 30 minutes, with approximately 6 sessions, scheduled twice a week.¹

Is EMSELLA Painful?

You will experience tingling and pelvic floor muscles' contractions during the procedure. You may resume daily activities immediately after the treat.¹

How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.¹

References:

1. Body by BTL, A Breakthrough Treatment For Incontinence And Confidence, 2019 Btl Industries Inc.

This innovative treatment is helping numerous women and men find their freedom, confidence, and to get their life back without having to worry about urinary incontinence. It's even been featured on the Doctors TV show and in various other news and media outlets.

Along with urinary incontinence, EMSELLA can also help with Urinary frequency, prolapse, nocturia (waking up to urinate) and erectile dysfunction.

Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and she offers MonaLisa Touch® for patients who have issues from having children, going through menopause, as well as post-menopausal women, cancer survivors, and those suffering from pain during intercourse or intense dryness or incontinence or prolapse.

Continually participating in research in the field of gynecology, Dr. Vahora is also a professional speaker, educating health care practitioners on hereditary cancers, multimodal pain management options, dyspareunia due to vulvovaginal atrophy and SERM treatment, and many other gynecological concerns.

Dr. Vahora looks at the whole person when administering highly acclaimed treatments, not simply their symptoms. She is a woman gynecologist and is well-known in her community for her deep commitment to positive outcomes for her patients. Most importantly, her patients love her because she listens, and her care is highly effective because of that.



Cammie Acevedo, APRN

Cammie is a board-certified Nurse Practitioner with the American Association of Nurse Practitioners. Her academic background includes a Masters degree in Nursing from Chamberlain College of Nursing. Her previous nursing experience

includes Labor and Delivery, Mother/Baby and Trauma/Surgical Intensive Care as well as working as an Advanced Practice Nurse in Family Medicine. With an extensive career in Women's Health, she has a passion for empowering women and she truly enjoys being able to provide high quality care while improving the lives of women through promotion of mental, physical, and sexual health and wellness. As a busy mom of 5, she enjoys spending time with her family attending sporting events and visiting different beaches when she's not providing patient care.

**Contact us today to schedule an appointment at
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hours call (727) 376-1536 or text
(813) 548 4412.**

To find out more, please visit ParveenVahoraMD.com.



GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause.

There is a common misconception that ED is just another sign of aging, but that couldn’t be further from the truth. Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical evaluation and treatment from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED’s Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has



developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

it’s Never too Late

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be, but it’s not too late. GAINSWave has helped many patients with advanced ED conditions.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

Physical Medicine Center has many Google Reviews to Share with you. You can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa). We’ve highlighted a few:

“The minute you call the clinic you get the feeling that you are going to receive excellent treatment. They are very thorough and friendly. Dr. Lupo explains things thoroughly-Is a place that I would highly recommend.”—Jose

“The staff of Physical Medicine are excellent. Their professionalism and knowledge of specific procedures being used I find very reassuring. I am trying to regain my ability to become “normal” again after prostate cancer and I am in treatment using the Gain-swave technology along with the P-shot injections...”—Dan

“I have been coming to Physical Medicine Center for many years. I have a number of things wrong with my back, including Osteoarthritis, and a number of herniated discs. If it were not for Dr. Lupo and his great staff, I would have opted for some major back surgery years ago. Over the years, he has been able to let me enjoy a good quality of life, often with very little or no pain...” —Craig

DON’T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

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 postgraduate 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.



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Long Haul COVID Symptoms

Those that have experienced COVID-19, whether mild cases, people with no symptoms, and those that suffered severe illness, often have lingering side effects and symptoms of the virus that remain for weeks and months. In some people, the symptoms come and go, and in others, they are a part of their daily lives.

According to the CDC (Centers for Disease Control and Prevention)¹, people commonly report experiencing different combinations of the following symptoms:

- Difficulty breathing or shortness of breath
- Tiredness or fatigue
- Symptoms that get worse after physical or mental activities (also known as post-exertional malaise)
- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Cough
- Chest or stomach pain
- Headache
- Fast-beating or pounding heart (also known as heart palpitations)
- Joint or muscle pain
- Pins-and-needles feeling
- Diarrhea
- Sleep problems
- Fever
- Dizziness on standing (lightheadedness)
- Rash
- Mood changes
- Change in smell or taste
- Changes in menstrual period cycles

Numerous people also report chronic inflammation, which is related to the well-known “cytokine storm” that so many people with COVID experienced.

Multiorgan Effects of COVID-19

Some people who had severe illness with COVID-19 experience multiorgan effects or autoimmune conditions over a longer time with symptoms lasting weeks or months after COVID-19 illness. Multiorgan effects can affect many, if not all, body systems, including heart, lung, kidney, skin, and brain functions. Autoimmune conditions happen when your immune system attacks healthy cells in your body by mistake, causing inflammation (swelling) or tissue damage in the affected parts of the body.¹

There is no meaningful treatment for long haul COVID symptoms and conditions, which has led many physicians and patients to off-label and alternative treatment options. While the symptoms of COVID-19 may vary, most people experienced some

form of hypoxia (oxygen deprivation). The health benefits of hyperbaric oxygen therapy (HBOT) are more commonly recognized in the medical field, due to the numerous studies signifying HBOT’s advantageous improvement with multiple health conditions.

It’s important to note that HBOT is not FDA approved for post-COVID treatment, but through international to local studies and clinical trials, practitioners and their patients are reporting marked improvement. This may be largely related to the high oxygen saturation.

However, it’s not all about tissue oxygenation, it is now known that the combined action of hyperoxia and hyperbaric pressure, triggers both oxygen and pressure sensitive genes, which results in producing and stimulating regenerative mechanisms, such as stem cells proliferation and mobilization, and anti-inflammatory effects. HBOT also stimulates and improves the ability of white blood cells, which helps tissues to fight infection, and it proliferates collagen production, which helps with endothelial vascular regeneration.²

Hyperbaric Centers of Florida does NOT treat patient with COVID-19. This therapy is solely for those with post COVID symptoms and long haulers.

How HBOT Works

Hyperbaric oxygen therapy 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.

Hyperbaric oxygen therapy is an FDA approved and lifesaving remedy for multiple conditions such as carbon monoxide poisoning and decompression sickness (the bends), and it has many off-label uses.

Hyperbaric Centers of Florida is a premier off-label 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.

Currently, there are 15 FDA approved HBOT conditions, but HBOT is often used off-label.

References:

1. CDC, Centers for Disease Control and Prevention, Post-COVID Conditions, September 2021, <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

2. PubMed, C Goldman, Hyperbaric oxygen induces a cytoprotective and angiogenic response in human microvascular endothelial cells, PMID: 9MC3082642, PMID: 19949909, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3082642/>

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
- Bell’s 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
- Post COVID-19 Infection

Hyperbaric Centers of Florida is a premier off-label Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multiplace Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems. We are treating all “Off-label” indications and several approved indications, as directed by a licensed physician and with written orders.

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

With Hyperbaric Oxygen Therapy it is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

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



Tips For Relieving Stress

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. However, many times, stress is inevitable and natural when we face certain unknowns or anxiety-driven circumstances. If you are dealing with worry or fear due to a new issue in your life or out of concern for a loved one, there are steps you can take to help your unwind and promote good mental health.

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

Get Moving

Most people can benefit from taking a brisk 30-minute walk. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, and it can stave off memory disorders and increase neuronal plasticity.

Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Avoid Blue light. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it's still

daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

Combining Methods is Best

In order to overcome stress, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

When to Seek Help

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you're unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

Aston Gardens

Aston Gardens is also one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

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

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit.

With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

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

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

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!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

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



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "*Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.*"

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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U.S. News 2022-23 Best Senior Living Awards have recognized Aston Gardens At Tampa Bay & Discovery Village At Westchase for excellence in senior living.




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THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



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