

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

May 2023

Pasco/North Tampa/New Tampa Edition - Monthly

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Meet the Innovative Tech Unlocking An Athlete's True Recovery and Performance Potential

Get a Complete Baseline Assessment and Injury Prevention with Force Decks Technology and Heart Rate Variability Screening

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Emsella Treatment for ED

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

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Prolotherapy and Chronic Back Pain

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A Quarter-Century of Serving West Central Florida

BayCare, West Central Florida's leading, not-for-profit health care system, celebrated 25 years in 2022, a remarkable testament to the vision a small group of local hospitals embraced in 1997 to ensure that not-for-profit health care would remain strong in Tampa Bay.

BayCare's 25th year was a true validation, as documented in the health system's newest edition of its annual Report to the Community, which can be found at [BayCare.org/AnnualReport](https://www.baycare.org/AnnualReport).

For the fourth year, BayCare was recognized as among the nation's top health care systems in all the ways that matter for the region that relies on the community-owned system: clinical outcomes, patient experience, operational efficiency, financial health and contributions to the community.

The health system also was recognized again by local and national reviews as a high-quality employer, something also important for a region where BayCare is among the largest private employers.

"BayCare has worked because we all have focused on our shared values, not the least of which is a deep, shared passion for compassionate care for all," said Sister Pat Shirley, OSF, Franciscan Sisters of Allegany and a BayCare trustee.

The new Report to the Community provides a window into what that work meant in 2022. BayCare weathered the waning impact of the COVID-19 pandemic even as it advanced the region's health care through embracing new opportunities with digital health; through designing protocols for better patient outcomes and efficiency; by deepening its commitment to treating the whole person; by investing more in communities' health needs; and by continuing its long tradition as one of the region's best employers.



Construction progressed on a replacement facility for one of BayCare's founding member hospitals, South Florida Baptist Hospital in Plant City, as did finishing touches on its 16th hospital, BayCare Hospital Wesley Chapel, which opened in March 2023.

BayCare welcomed a new president and CEO, Stephanie Conners, in 2022, as Tommy Inzina, who led BayCare as president and CEO for six years, retired.

Conners, who began her career as a nurse, said, "I'm committed to ensuring that BayCare remains the Best Place to Work, the Best Place to Practice and the Best Place to Receive Care."

BayCare is West Central Florida's largest provider of pediatric and behavioral health services, and its provider group, BayCare Medical Group, is one

of the largest in the region. BayCare's diverse network of ambulatory services includes laboratories, imaging, surgery centers, BayCare Urgent Care locations, wellness centers and one of Florida's largest home care agencies, BayCare HomeCare. Its Medicare Advantage insurance plan, BayCarePlus®, serves more than 13,000 people.

All this progress and service to the community wouldn't be possible without more than 30,000 team members and the support of community physicians and advanced care providers. With their talents and commitment to patients, BayCare will continue to deliver on its mission to improve the health of all it serves.



BLADDER CANCER

Bladder cancer typically affects older adults and is very rare in children. About 90 percent of all bladder cancer is diagnosed in people over 55; the average age at diagnosis is 73.

There are some definite gender differences as well. In the U.S., bladder cancer is among the most common cancers in men, according to the American Cancer Society. Overall, the chance men will develop bladder cancer during their lifetime is about 1 in 28. For women, the chance is about 1 in 91.

The Basics of Bladder Cancer

The bladder is part of the body's urinary tract. The main job of the bladder, a hollow organ located in the lower pelvis, is to store urine. When we urinate, the muscles in the walls of the bladder contract, forcing urine out of the bladder through a tube called the urethra.

The wall of the bladder has several layers made up of different kinds of cells. When the DNA in these cells changes, the cells can grow out of control and form a tumor. These abnormal cells can break away and spread.

Most bladder cancers, about 90 percent, start in the cells on the surface of the innermost lining of the bladder. The most common form of bladder cancer is called urothelial carcinoma, a non-muscle invasive cancer in which the tumor stays within the bladder's inner lining.

Invasive bladder cancers grow into deeper layers of the bladder wall and may spread to nearby lymph nodes or other organs and parts of the body, such as the bones, lungs or liver.

Warning Signs & Symptoms

The symptoms of early-stage bladder cancer are often obvious, which can lead to early detection and more effective treatment.

The early stages can cause bleeding but no pain. Blood in the urine can appear pinkish, brown or bright red. Blood in the urine does not always mean bladder cancer is present, but it should be reported to your doctor promptly.

Sometimes no blood is visible in urine but can be detected through a lab test. Other signs and symptoms can include frequent or painful urination, difficulty urinating, a weak urine stream or back pain.

More advanced bladder cancer can cause other symptoms, including being unable to urinate, lower back pain on one side, swelling in the feet or bone pain, fatigue, loss of appetite and weight loss.

There is no screening test for bladder cancer. If your health-care provider suspects cancer may be present, various tests can help confirm a diagnosis.

Bladder Cancer Treatment

When found in early stages, bladder cancer is highly treatable.

Treatment depends on the type, stage and grade of the tumor, as well as the patient's overall health, and may include more than one type. Early-stage tumors are usually removed during a procedure called cystoscopy and transurethral resection of bladder tumor (TURBT). Surgery to remove the entire bladder and nearby lymph nodes may be recommended for patients with muscle-invasive bladder cancer.

Even after successful treatment, bladder cancers can come back. Follow-up tests may continue for years after treatment to detect any recurrence.

What's Your Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women. Smokers are at least three times as likely to get bladder cancer as non-smokers due to the harmful chemicals that can accumulate in the urine and damage the bladder's lining.

Certain industrial chemicals have been linked to bladder cancer, and exposure to these chemicals can place people at higher risk. The industries where chemical exposures are more likely include:

- Manufacturing of dyes, rubber, leather and textiles
- Painting and printing
- Photography, if using film-developing chemicals
- Hairdressers (through exposure to hair dyes)
- Truck drivers (through exposure to diesel fumes)

Previous cancer treatment can increase the risk as well. Patients who received radiation treatment aimed at the pelvis or treatment with certain anti-cancer drugs have a higher risk of developing bladder cancer.

Chronic inflammation of the urinary tract or repeated urinary infections may also increase risk.

As with many forms of cancer, family history can play a role.

We cannot control some common risk factors for bladder cancer, such as age and gender. However, we can take steps to reduce risk:

- Don't smoke.
- Be careful around chemicals. If you must work with chemicals, know and follow all safety instructions.
- Eat healthy foods. A diet rich in fruits and vegetables may help reduce your risk for many types of cancer.

Talk with your doctor or other healthcare provider for helpful tips and resources to make healthy lifestyle choices and changes.

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 a significant role in these advancements, now saving more lives. Patients participating

in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

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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 (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently 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.

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MEET THE INNOVATIVE TECH UNLOCKING AN ATHLETE'S TRUE RECOVERY AND PERFORMANCE POTENTIAL

Get a Complete Baseline Assessment and Injury Prevention with Force Decks Technology and Heart Rate Variability Screening

Are you an athlete looking to gain a competitive edge? Do you want to prevent injuries before they happen? More importantly, when an injury occurs, do you want to get back in the game sooner than you thought possible? As a sports enthusiast, wouldn't you love if there was a training tech available to make sure you're performing at your peak?

Thanks to their commitment to industry innovation, Competitive Edge Performance Physical Therapy (CEP) in Tampa, Florida is excited to introduce a powerful new part of their Performance Enhancement Programs: Vald Health Force Decks – a game-changing technology that can provide you with a comprehensive baseline training assessment in real time. At CEP, we call this the PerformancePro Assessment. When paired with heart rate variability screening, this powerful duo will help you unlock your true potential while keeping injuries at bay. Let's look into how Force Decks work and why you should care.

Understanding Vald Health Force Deck Technology

Force Decks are essentially plates designed to measure and analyze various aspects of your athletic performance. The most common tests utilized on these plates include squat assessments, single leg (SL) balance, bilateral and single limb jumps and bilateral and single limb landings. The data collected can be used to determine vertical, reaction time, force, power, side preference, strength limitations and sway when assessing balance.

This information outlines your baseline level of performance as it pertains to any given injury, time off or after completing a training cycle. By revealing the specifics in your training and performance results, you always have a real-time measure of any progress which will help level set your unique goals and programs.

The incredible technology behind Force Decks allows physical therapists to obtain real-time assessments at the initial evaluation, track progress and determine the effectiveness of treatment throughout your plan of care. This validation of treatment is ideal for athletes and sports teams looking to get a pre/post-season analysis or midseason check-in.

Establish Baseline Measurements for Informed Decision Making

In a study published in the *Journal of Strength and Conditioning Research*, researchers found that force plate data could accurately predict injury risk in athletes. By using Force Decks to establish initial baseline measurements with your PerformancePro Assessment, your physical therapist can break down impairments that could lead to injury and potential risk factors if not addressed.

As treatment progresses, the data gathered from Force Decks can be used to evaluate the effectiveness of the PT's plan of care and help them make informed decisions about adjustments to the program.

Combining Force Decks with Heart Rate Variability Screening

Force Decks can be paired with heart rate variability (HRV) screening to provide a comprehensive understanding of an athlete's overall fitness and readiness to perform. HRV is an indicator of the balance between the sympathetic (fight or flight) and parasympathetic (rest and digest) branches of the autonomic nervous system.

A study in the *Journal of Sports Medicine* found that low HRV was associated with an increased risk of injury in elite athletes. By integrating HRV data with Force Decks measurements, physical therapists can create even more targeted and effective treatment plans for injury prevention.

Why Force Decks Matter in Physical Therapy Rehabilitation

Traditionally, force plates were limited to laboratories and elite sporting teams due to their size, cost and complexity. Vald Health has revolutionized this technology, making Force Decks lightweight, portable and affordable. This means that everyone, from professional athletes to weekend warriors, can now access objective data on strength and imbalance.

Unlocking the Performance Benefits of Force Decks Training

Force Decks can help monitor rehabilitation progress, injury risk, collect baseline data and improve outcomes. With real-time data collection and display, the Force Decks app rapidly captures test results wirelessly and presents instant metrics to review with your physical therapist. Let's dive deeper into these benefits:

1. Fast and Accurate Analysis of Strength and Imbalance

Force Decks provide a fast and accurate analysis of your strength and imbalances, helping you identify potential issues before they become full-blown injuries. Research shows that athletes with muscular imbalances have a significantly higher risk of injury. By addressing these imbalances early, you can reduce your risk and optimize your performance.

2. Real-Time Data Collection and Display

With Force Decks, you'll have access to real-time data that can be used to make informed decisions about your training and recovery. This allows you and your physical therapist to work together to optimize your performance and prevent injuries.

3. Improved Outcomes

By using objective data to guide your training and recovery, you can expect improved outcomes. A study published in the *Journal of Strength and Conditioning Research* found that athletes who used force plates during their training experienced significant improvements in strength, power and performance.

How Can CEP Physical Therapists Help You with Force Decks?

At Competitive Edge Performance Physical Therapy, our team of experienced physical therapists in Tampa is dedicated to helping you achieve your goals and prevent future injuries using Force Decks.

Here's a closer look at how we utilize groundbreaking tech to enhance your recovery journey:

1. Personalized Assessments: Our physical therapists will begin by conducting a series of tests using the Force Decks as part of our PerformancePro Assessment, including squat assessments, single-leg balance tests, and bilateral and single-limb jumps and landings. These assessments will provide valuable data on your strength, balance, and movement patterns, allowing us to create a tailored rehabilitation program that addresses your specific needs.

2. Monitoring Progress: Throughout your treatment, our physical therapists will use the Force Decks to track your progress and make any necessary adjustments to your plan of care. By continually monitoring your performance, we can ensure that you're making steady progress toward your goals and receiving the most effective treatment possible.

3. Injury Prevention: Force Decks technology enables us to identify potential injury risks and address them proactively. By identifying areas of weakness, imbalance, or movement dysfunction, we can develop targeted interventions to reduce your risk of injury and keep you performing at your best.

4. Real-Time Feedback: The Force Decks app allows our physical therapists to provide instant feedback on your performance during sessions. By reviewing real-time data with you, we can help you understand the areas that need improvement and ensure that you're performing exercises correctly and safely.

5. Enhanced Communication: The data collected by the Force Decks allows for more effective communication between you and your physical therapist. With objective metrics and visualizations, you can better understand your progress and the rationale behind your treatment plan, fostering a stronger partnership in your recovery journey.

Harness the Power of Force Decks with a Free Screening

Competitive Edge Performance Physical Therapy is proud to offer Vald Health Force Decks as part of our commitment to providing patients with the most advanced, effective and personalized care possible. By integrating this revolutionary technology into our sports rehabilitation programs, we're able to help you recover faster, prevent future injuries and reach your full potential.

Whether you're a professional athlete preparing for the upcoming season, recovering from an injury or simply looking to improve your overall fitness, our skilled physical therapists are here to support you every step of the way.

Ready to learn more about how Vald Health Force Decks and HRV's cutting-edge technology can be the MVP in your rehabilitation journey?

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PROLOTHERAPY AND CHRONIC BACK PAIN

By Regenexx at New Regeneration Orthopedics

What is Prolotherapy?

Prolotherapy is a cutting edge form of medical technology also termed "Regenerative Medicine." These types of procedures are designed to improve acute or chronic injuries ranging from: ankle sprains, knee osteoarthritis, hip pain, low back pain, radicular disc pain in the neck or back, and shoulder injuries, to name a few.

Prolotherapy is a general name that can suggest several different types of injections that are intended to promote healing within the body. Even though Prolotherapy is a specific type of injection often referred to in isolation (more on that as you read on), serves as the most commonly-used blanket term for all regenerative injections, and is based on the presumed "proliferative" effects these injected materials have on acute and chronically injured tissue.

Some other terms that have popped up in the lexicon associated with *Prolotherapy or Regenerative Medicine* include:

- Platelet-rich plasma (PRP) therapy
- Regenerative injection therapy
- Sclerotherapy
- Nonsurgical ligament reconstruction

What Does Prolotherapy Do?

Prolotherapy is defined as an:

Injection-based procedure designed to help resolve any injury, tearing, chronic or acute pain in the tissues of the musculoskeletal system. Prolotherapy is a non-operative and non-steroidal alternative to help with orthopedic pains in the tissues and/or joints that may not be responding to conservative care, other natural remedies, and/or medications.

How prolotherapy works is by stimulating an intentional and mild inflammatory response in a targeted area that needs repair. So, although the term inflammation usually has a negative connotation associated with it, causing us to think of injury or pain, inflammation is actually the body's inherent mechanism designed to stimulate repair. Even in the case of an acute sprained ankle, the body's inflammatory response is an attempt to repair the injured tissue.



Now, in the case of acute injury, like the ankle sprain example, the inflammatory response is a generalized inflammatory response. Conversely, a prolotherapy treatment is targeted injection since the physicians at Regenexx at New Regeneration Orthopedics use a combination of ultrasound and fluoroscopic guidance to place the prolotherapy substance precisely into the damaged area. In a targeted injection, the needle is guided with precision to the area of injury with the help of imaging so the procedure is as specific as possible.

Prolotherapy in these cases can refer to a spectrum of substances, including ones that originate from outside of the patient, e.g. dextrose or saline. Prolotherapy injections with dextrose and saline stimulate the mild inflammatory response as described above, but a more modern gold-standard of the "proliferative" prolotherapy injections includes substances derived from the patient being treated.

Platelet-Rich Plasma (PRP) is a great example of this and is a super-concentrated dose of platelets isolated from the patient's blood. The PRP has a little extra as compared to the dextrose/saline versions of prolotherapy because it includes biochemical substances like cytokines and growth factors that give a boost to the proliferation of new, healthy tissues.

Further, another version of prolotherapy is called Bone Marrow Concentrate (BMAC), and is derived from the patient's bone marrow. This patient-derived substance is the most-potent version of prolotherapy because it contains cytokines and growth factors, but also pluripotent cells that can be signaled by the body to even more effectively repair the area being treated.

How Can Prolotherapy Help Chronic Low Back Pain?

The list of people who are candidates for medicine injections is long and includes (but isn't limited to) those suffering with:

- Acute or Chronic Neck and Back pain
- Shoulder pain
- Rotator Cuff Injuries
- Shoulder Impingement
- Achilles tendonitis
- Plantar fasciitis
- Ankle Sprains
- Knee pain
- Meniscus Pain
- Bursitis
- Chronic Ligament Sprains with instability
- Elbow Pain and tendinosis
- Degenerative Cartilage
- Those who take NSAIDs regularly to manage pain
- Those who have been doing physical therapy without significant reduction in pain or symptoms.
- Those wanting to decrease any musculoskeletal pain while also avoiding surgery.

Muscles of Back: Deep Layers



Frank Netter, MD: Atlas of Human Anatomy

From this expansive list, we wanted to zoom in on the benefits prolotherapy can provide chronic low back pain, specifically. The back is a very complex network of bones, tendons, ligaments, nerves and muscles. The anatomy of our back is very complex because it is our base of support structurally, as well as from where all force is transmitted outward from our core to our limbs.

Based on the veritable cornerstone our spine is for every movement we perform, it also is vulnerable to repetitive stress. The repetitive stress on our backs makes back pain one of the leading health care costs annual in the US.

At Regenexx at New Regeneration Orthopedics, back pain is a very common area of concern we treat with prolotherapy. Here you can visit our Regenexx Physician Network Registry of data demonstrating patient-reported outcomes from receiving some version of prolotherapy in the spine.

Prolotherapy can be used to treat many components of the spinal complex. The areas commonly treated include:

- The ligaments in the spine to support the overall spinal stability.
- The discs between the vertebrae of the spine.
- The nerves exiting between each of the spinal segments.

These areas, if treated, bring our patients tremendous relief because the targeted injections can decrease chronic inflammation, decrease instability, and improve strength.

The Takeaway

Prolotherapy is an industry-standard term referring to any *injection-based procedure designed to help resolve injury, tearing, chronic or acute pain in the tissues of the musculoskeletal system. Prolotherapy is a non-operative and non-steroid alternative to help with orthopedic pains in the tissues and/or joints that may not be responding to conservative care, other natural remedies, and/or medications.*

If back pain affects you or someone you love, please come in and let us perform a detailed evaluation on your spine and make our best clinical recommendation to get the results you seek.



James Leiber, D.O. – is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

In 2012, Dr. Leiber was the first to offer Regenexx in Florida and began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



Ronald Torrance II, D.O., FAOASM – Fellowed in Sports Medicine and co-author of Exercise 2.0 for Regenexx and author of the 2018 best paper of the year on The Concussed Athlete. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete. Dr. Torrance spends time with his wife and two children as well as lecturing and instructing throughout the country.



Ignatios Papas, D.O. – Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



Lisa Valastro, D.O. – Specializes in Physical Medicine and Rehabilitation with a focus on regenerative medicine via orthobiologics. She received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania, and her Physical Medicine and Rehabilitation training at Albany Medical Center in Albany, New York. In her spare time, she enjoys hiking, kayaking, weight lifting and volleyball.

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

Regenexx at New Regeneration Orthopedics:

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Autism Spectrum Disorder: Can Hyperbaric Oxygen Therapy Help?

Autism is a spectrum disorder that is quickly increasing in rates across the world. Here in the United States, it is one of the fastest-growing developmental disabilities affecting up to 1.5 million. Commonly, social interaction and communication dysfunction are prevalent. While there are degrees of the spectrum disorder and impacts, the most common is Pervasive Developmental Disorders / PDDO.

Early Intervention

Currently, there is no cure for Autism. However, according to the CDC, There are many types of treatments available. These include applied behavior analysis, social skills training, occupational therapy, physical therapy, sensory integration therapy, and the use of assistive technology.¹

The types of treatments generally can be broken down into the following categories:¹

- Behavior and Communication Approaches
- Dietary Approaches
- Medication
- Complementary and Alternative Medicine

Alternative Treatment

The causes of Autism are still unknown, but many medical professionals and researchers feel that hypoxia (lack of oxygen to the brain) is a key element. Some also feel that infections, toxins, inflammation, and deficiencies also contribute to the disorder.

Hyperbaric Therapy for Autism – Worldwide, medical researchers are discovering promising results with the effects of hyperbaric therapy on persons with Autism. Hyperbaric oxygen therapy increases oxygen levels, reduces inflammation, helps the body remove toxins and regenerate tissues.

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

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 such as autism spectrum disorder.

HBOT Autism

Over the past decade, HBOT therapy for Autism Spectrum Disorder has been utilized as a way to establish positive effects via anti-inflammatory responses, improved cognition function, behavioral and language abilities, and to reduce apprehension. It's always important to speak to your specialist, talk to other parents that have tried HBOT, and also to research any alternative options on your own. If you decide to try HBOT for your child with Autism Spectrum Disorder, finding a reputable, experienced, trustworthy clinic is critical.

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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

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

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

Common Off-Label Indications:

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

Hyperbaric Centers of Florida is a premier 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 approved indications and selected off-label indications, as directed by a licensed physician 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.

*DISCLAIMER This information is for informational purposes only and is not intended to replace the advice of a physician! Anyone who wishes to embark on any medical program intended to prevent or treat a specific disease or condition should first consult with a qualified physician!

REFERENCE:

1. CDC, Centers for Disease Control and Prevention, Treatment and Intervention Services for Autism Spectrum Disorder
<https://www.cdc.gov/ncbddd/autism/treatment.html>



Emsella Treatment for ED with Dr. Vahora

By Parveen Vahora, M.D.

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men. Emsella has been approved for men suffering with incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all of the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

What is Emsella? Emsella is an FDA approved treatment that utilizes High Intensity Focused Electromagnetic Energy (HiFem). It creates thousands of contractions in the muscles of the pelvic floor each session. These contractions strengthen the pelvic floor muscles improving both incontinence and erectile dysfunction. The Emsella treatment is both non-invasive and modest. The patient stays fully clothed during the treatment. You simply sit comfortably in the Emsella chair while it does all the work without any pain or discomfort. The only sensation may be a slight tingling as the muscles contract. Treatment in the Emsella chair is cleared by the FDA for both men and women.

The treatment involves at least six sessions which are performed twice a week over a three-week period. Each session takes approximately 30 minutes. The treatment has been shown to strengthen muscles, increase blood flow, help restore neuromuscular control, and increase production of collagen and elastin, in addition to strengthening the muscles.

Up to now Kegels have been the best option for combatting Erectile Dysfunction. The great news is that Emsella stimulates many more Kegels than you could otherwise do on your own...engages both voluntary and involuntary muscles along the pelvic floor to create up to 11,000 contractions per minute. The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation. Having erection problems from time to time is not necessarily a cause for concern. However, if erectile dysfunction is a persistent issue, it can cause stress,



and affect your self-confidence and contribute to relationship problems. Complications resulting from erectile dysfunction can include: an unsatisfactory sex life, stress or anxiety, embarrassment or low self-esteem, relationship problems, or the inability to get your partner pregnant.

Men can also suffer from incontinence, associated with pelvic floor weakness. There are many factors that can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other treatments for prostate cancer can all contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

Men will be pleased with the many benefits Emsella affords. Sessions result in increased bladder control, the end of urinary incontinence, increased penile rigidity and hardness, increased control over erection, increases time until ejaculation, reduce stress and anxiety and restores confidence. We offer discreet Emsella treatments in our office. Treatments run around 30 minutes while seated in the treatment chair. There is no downtime following

the session. We welcome your questions and look forward to discussing the benefits of Emsella and how it can be the solution to your incontinence or erectile dysfunction. Should you have any questions or would like to discuss treatment, please contact the staff at Parveen S. Vahora, MD. We are here to help.

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 proving patient care.

Contact us today to schedule an appointment at Info@ParveenVahoraMD.com or during office hours call (727) 376-1536 or text (813) 548 4412.

To find out more, please visit ParveenVahoraMD.com.



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

BY DR. ROBERT LUPO, D.C.

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

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

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

Traditional Treatments

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

A Better Treatment Option

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

Advanced Treatment with Quantum Technology Gets to the Root Cause

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

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

RST Sanexas: Is NOT a TENS unit device

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



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

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

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

How Sanexas Technology Relieves Neuropathic Pain

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

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

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

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

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

Dr. Robert Lupo, D.C.

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

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

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

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Hurricane Preparedness:

Aston Gardens At Tampa Bay Has Their Residents Covered

We've been forewarned that this year's storm season is going to be much more active than last years. We can hope and cross our fingers that our coast won't get hit, but it's essential to make plans for hurricane season. It's important to have a plan.

- Lists of medication or prepacked bags of extra's (enough for two weeks)
- List of shelters
- Extra COVID-19 PPE (masks, sanitizer, etc.)
- Extra water (two-week's worth)
- Evacuation routes
- Organizing hurricane shutters or buying boards
- Trimming back trees and limbs
- Flashlights and batteries
- Tying down outdoor furniture, garbage cans, umbrellas, etc.
- Pet food, beds, medications and a list of shelters that take pets
- List of friends and neighbors phone numbers
- Homeowners Insurance paperwork
- Medical insurance
- Non-perishable foods
- Keep gas in your vehicle for evacuation purposes
- Sandbags

If you live at an Independent Living Facility like Aston Gardens At Tampa Bay, the hurricane preparation list is taken care of for you. One of the things individuals and couples love most about independent living is no yardwork or hurricane preparations in seasons like this. Aston Gardens is of course always fully stocked on emergency supplies, water, and food for their residents as well.

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.

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best

attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

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 At Tampa Bay 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



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

Treating Shoulder Pain Successfully with Radiofrequency

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

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

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

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

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

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

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



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

Surgery is Not Always the Answer

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

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

Nerve Blocks and Radio Frequency

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

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

The National Institute of Spine and Pain

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

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

Regenerative Medicine

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

More on Exosomes

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



Dr. Sunil Panchal

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

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

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

Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*" Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.*" 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'*" Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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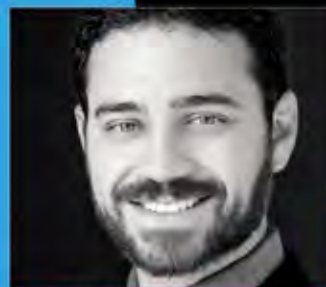
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