

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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 **FREE**

Prolotherapy and Chronic Back Pain

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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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Painful Nerve Damage

How One Patient's Story
Helps Another Find Relief

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Slowing the Pace of Your Life

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Can Integrative Medicine Help with Chronic Disease?

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SCAN ME

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ADVANCED AND INDIVIDUALIZED CARE

Can Integrative Medicine Help with Chronic Disease?

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

What is Integrative Medicine?

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

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

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

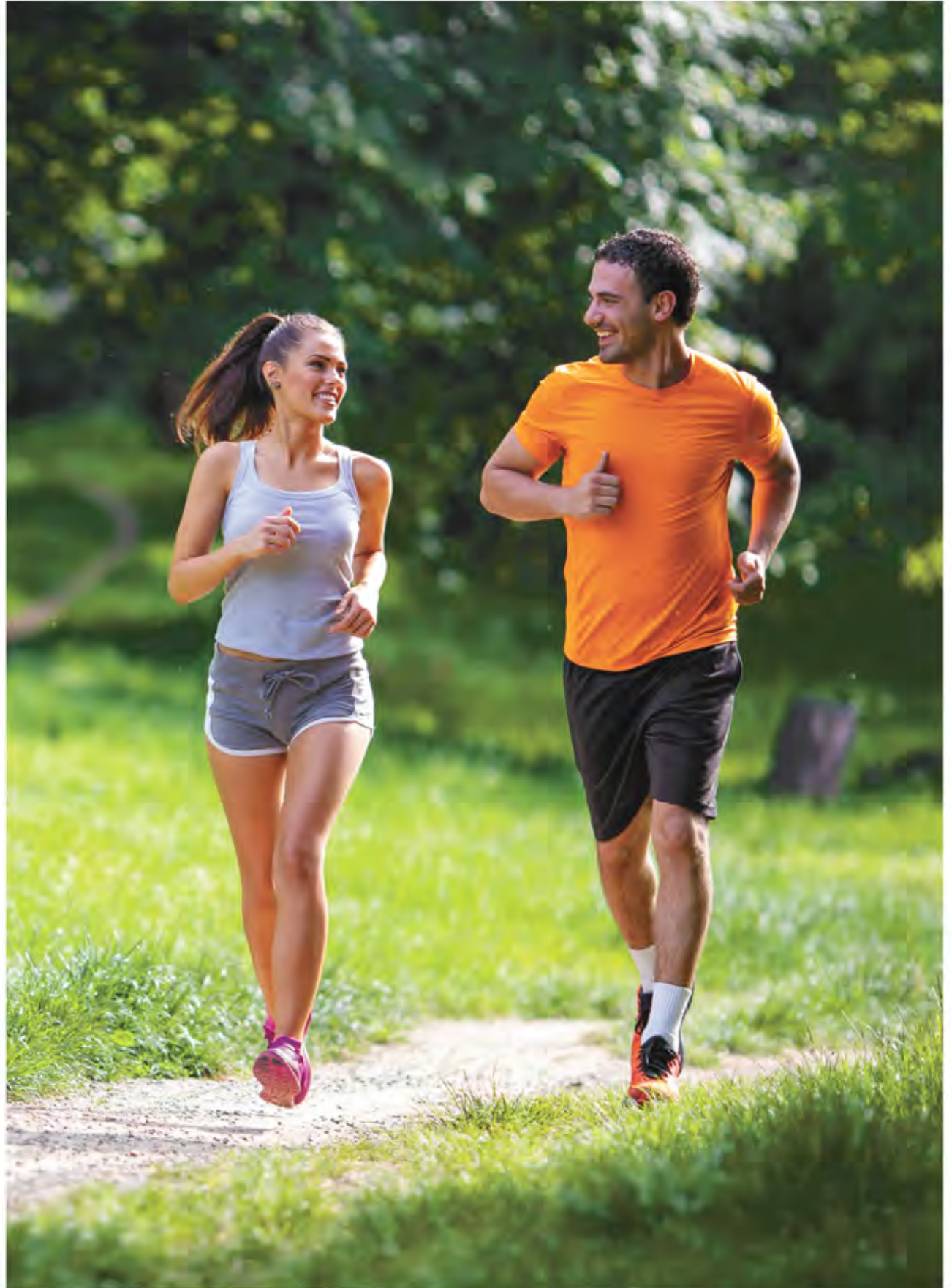
Importance of Integrative Medicine

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

Common Chronic Disease States

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

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





Integrative Medicine Therapy and Treatment Options

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

Not a complete list

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

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

The Pillars of Health

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

Breathwork and How it Helps

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

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

4-7-8 Breathwork

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

What can Integrative Medicine Help Improve?

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

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



BayCare Medical Group Integrative Medicine Clinic
430 Morton Plant St., Suite 400, Clearwater, FL 33756
727-461-8300

<https://baycare.org/MindBodySpirit>



About Dr. Poonkasem

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

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

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

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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100 2nd Avenue South, St. Petersburg

1412 Trovillion Avenue, Winter Park

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?

Inquire about our Team Rates! Call (813) 849-0150 or visit us at 3105 W. Bay to Bay Blvd, Tampa, FL 33629 and mention this article!



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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

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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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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. *11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 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. 13 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: *6 But godliness with contentment is great gain. 7 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, *15 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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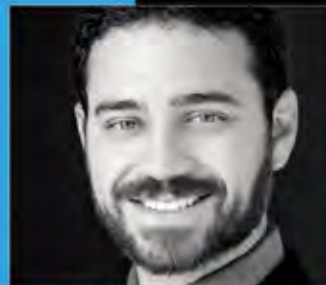
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