

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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South Tampa Edition - Monthly

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 **FREE**

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by Fortune and PINC AI

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Once again, St. Joseph's Hospital has been named one of the 100 Top Hospitals® in the U.S. by Fortune/Merative™.*

It's not all about winning awards. In addition to being named a 100 Top Hospital, St. Joseph's Hospital is part of BayCare Health System, ranked one of the top-rated health systems in the country by Fortune/Merative. St. Joseph's Hospital is well known for its advanced medical technologies and outstanding patient care, with more than 70 specialties represented among our medical teams. And that includes doctors who can easily connect you with a top specialist if needed, plus access to the entire network of BayCare physicians, specialists and services. Just a few of the reasons why St. Joseph's Hospital is the better choice for health care. **Learn more: [StJosephsHospital.org](https://www.StJosephsHospital.org)**



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St. Joseph's Hospitals

*Fortune/Merative, formerly IBM Watson Health, is a trusted data, analytics and technology partner that performs a yearly study, ranking the top hospitals in the country based on clinical outcomes, operational efficiency, patient experience and financial health.

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St. Joseph's Hospital Named One of the Nation's 50 Top Cardiovascular Hospitals by Fortune and PINC AI

Today, St. Joseph's Hospital was named one of the nation's 50 Top Cardiovascular Hospitals™ according to an independent quality analysis provided by PINC AI™ and reported by Fortune. This is the fifth time and the third consecutive year St. Joseph's has made this prestigious list.

St. Joseph's Hospital, part of BayCare Health System, is the only Tampa Bay-area hospital to make the list, having demonstrated significantly higher survival rates associated with cardiac care, with fewer readmissions and complications. To select top performers, an objective, independent, quantitative research analysis was performed using publicly available data measuring cardiac care in the United States.

"At St. Joseph's Hospital, we continually pursue clinical excellence provided by compassionate caregivers," said Kimberly Guy, co-chief operating officer of BayCare. "Our selection as a Top 50 Cardiovascular Hospital validates our team's efforts and strengthens our reputation as a cardiovascular leader not only in the Tampa Bay area but also in the nation."

50 Top Cardiovascular Hospitals™ program performance

This year, the 50 Top Cardiovascular Hospitals™ program winners had better results on indicators intended to measure clinical outcomes, operational efficiency, financial performance and patient experience. Compared to a peer group of non-winning cardiovascular hospitals, this year's winners had:

- Significantly higher inpatient survival rates (19.0 to 40.6% higher).
- Fewer patients with complications (13.2 to 15.4% fewer complications).
- Higher 30-day survival rates for acute myocardial infarction (AMI), heart failure (HF) and coronary artery bypass grafting (CABG) patients (0.4 to 0.9 percentage points higher).
- Lower 30-day readmission rates for AMI, HF, and CABG patients (0.5 to 1.0 percentage points lower).
- Average lengths of stay (ALOS) varied between patient groups from 0.6 (AMI, HF, PCI) to 0.8 (CABG) shorter length of stay.



Surgical Tech Patrick O'Connor (left) assists Cardiothoracic Surgeon Michael Bradner, MD, prepare for surgery at St. Joseph's Hospital, a 2023 PINC AI Top Cardiovascular Hospital.

- \$860 to \$5,076 less in total costs per patient case (the smallest dollar amount difference was for HF, and the largest was for CABG).
- Lower average 30-day episode of care payments for AMI and HF (\$1,493 and \$781 less per episode, respectively).
- Patients had a better experience at benchmark hospitals compared to peer hospitals, with a top-box HCAHPS score of 75% versus 70%.

"Heart disease remains the leading cause of death for all Americans, resulting in nearly 700,000 deaths and \$229 billion in added costs each year," said Leigh Anderson, Premier's President of Performance Services and the leader of PINC AI™. "Given the life and death nature of this condition, patients and their loved ones need credible information to help them determine where to go for the best possible care. This objective, data-driven study proves that St. Joseph's Hospital in Tampa excels across a range of core performance indicators, which directly leads to significantly higher survival rates associated with cardiac care, with fewer readmissions and complications."

St. Joseph's Hospital nationally renowned Heart and Vascular Institute continues to grow in size and reputation, while providing exceptional patient experiences. Each year, the hospital performs more

than 500 open-heart surgeries, 600 interventional procedures, 900 diagnostic services and 11,500 diagnostic tests. It has received the highest rating from the Society of Thoracic Surgeons for five consecutive years.

"I am grateful for our team members and physicians whose extraordinary work has earned national recognition for a third consecutive year," Guy said. "We want our community to know that when heart patients come through our doors, they will always receive high-quality, compassionate care from our multidisciplinary team of cardiac professionals."

In July, St. Joseph's Hospital was named among the nation's 100 Top Hospitals by Fortune/Merative® (now Premier Inc.) for the fifth consecutive time and sixth time overall. In addition, BayCare Health System, which includes St. Joseph's Hospital as one of its 16 hospitals, was recognized by Fortune/Merative® for being in the top 20% of large health systems in the country. This is the fourth year in a row that BayCare has been recognized with this honor.

 **St. Joseph's
Hospital**
BayCare Health System
StJosephsHeart.org

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 healthcare 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.

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



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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.

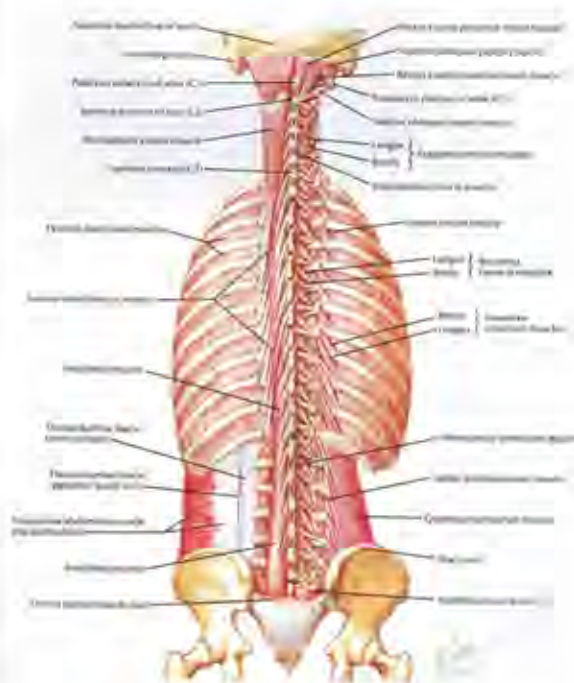
Further, another version of prolotherapy is called Bone Marrow Concentrate (BMAC), and is derived from the patient's bone marrow. This patient-derived substance is the most-potent version of prolotherapy because it contains cytokines and growth factors, but also pluripotent cells that can be signaled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



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

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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-leg 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:

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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

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).

The National Institute of Spine and Pain

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www.nationalinstituteofpain.org

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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U.S. News 2022-23 Best Senior Living Awards have recognized
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THIS IS NO TIME FOR PAIN

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