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**ADVANCED AND INDIVIDUALIZED CARE**

# Breast Cancer in African American Women Often Starts Before the Age of 40

By Negar Golesorkhi MD, FACS

**T**he current guidelines recommend that women start breast cancer screenings at the age of 40. For multiple reasons, many women don't begin getting their screenings until later or after they have symptoms, such as a lump or nipple discharge.

For African American women, it appears the age of 40 may not be young enough. Breast cancer has become the leading cause of cancer death for black women.

In African American women, we are seeing a rise in breast cancer, and commonly it's a more aggressive form of cancer. It often starts in those younger than 40 years old. This aggressive cancer is called triple-negative breast cancer (TNBC) and can be challenging to treat. Black women are twice as likely to be diagnosed with TNBC than white women.

## Triple-Negative Breast Cancer

TNBC is an aggressive form of breast cancer. This type of breast cancer is not driven by female hormones (estrogen and progesterone) and lacks a specific type of receptor called HER2. These characteristics make TNBC difficult to treat. Therefore, if not caught early, recurrence rate and treatment options are not as good as other types of breast cancer.

## Diagnosis

All women should get a mammogram by the age of 40 (recommended guidelines), but for African American women, women with symptoms, or a family history of cancers, it's essential to consider mammography sooner than age 40. Discuss your options with your healthcare provider.

If the mammogram shows any abnormal areas, you will need a biopsy to make a diagnosis. This is done using ultrasound, mammogram, or MRI. We seldom perform a surgery to establish a diagnosis, as surgery may not be needed if there is no abnormal diagnosis.

Talking to your healthcare provider about your family history and symptoms is of the utmost importance. The sooner you are diagnosed, the better the treatment options and outcome. If you have risk factors or are concerned about symptoms before age 40, your healthcare provider can request a breast cancer screening earlier.

Depending on your family history you may be eligible for genetic testing and a consultation with a genetic counselor. This discussion may provide powerful information regarding your personal risk of developing breast cancer.

## In addition to race and family history, other risk factors associated with breast cancer are:

- Obesity
- History of radiation therapy to the chest at a young age
- Using hormone replacement therapy longer than 5 years
- Having dense breast tissue
- Excessive alcohol consumption
- Abnormal breast biopsy results

## TNBC Treatment

A team approach with a surgeon, medical oncologist, radiation oncologist, plastic reconstructive surgeon is used for treatment of breast cancers. Surgery and chemotherapy are typically recommended. Depending on the stage of diagnosis and the surgical approach, radiation therapy may be recommended as well.

## Socioeconomic factors

Socioeconomics plays a role in the prevalence of breast cancer in certain minority groups. In general, not going to the doctor for routine visits or having false beliefs about mammograms can lead to later diagnosis and require more aggressive treatment.

## Myths about Mammograms

Some common myths about mammograms are that they will cause cancer due to radiation. This is not true. The radiation emitted is safe and at a very insignificant level.

Many women believe that if they need a biopsy, this will cause the cancer to spread. If you need a biopsy, this doesn't mean you have breast cancer; 80% of biopsies are benign. The procedure is performed with a tiny needle that only aspirates a small portion of the tissue being tested, which is entirely safe.

## Spreading the word

Spreading the word about breast cancer and early detection is essential. We need to help educate women on the importance of getting regular exams, doing self-exams, and having a mammogram at the right time. This can be done through women's leadership groups, churches, community events, and other healthcare programs.

## What you can do at home

Great websites are available to help answer questions, such as Breast360.org, ACS.org, Komen.org, and Nationalbreastcancer.org, to name a few.

You can also visit [Bcrisktool.cancer.gov](http://Bcrisktool.cancer.gov) to assess your personal risk for breast cancer using the Gail Model. While this is a powerful tool, it should not replace routine visits, exams, or screenings.

If you don't have insurance or can't afford a mammogram, contact the county health department to find out about getting a free mammogram. BayCare also provides financial assistance for those unable to pay for mammograms.

If you have risk factors, are having symptoms, or are due for your breast cancer screening. Speak to your healthcare provider about scheduling a mammogram.



## Dr. Negar Golesorkhi

Dr. Negar Golesorkhi is a board-certified breast surgical oncologist with BayCare Medical Group. She completed her undergraduate degree in biology, followed by a Master of Science in molecular biology from George Mason University in Fairfax, Virginia. She earned an additional graduate degree in anatomy, followed by her Doctor of Medicine from Medical College of Virginia in Richmond, Virginia. Dr. Golesorkhi received her general surgery training along with dedicated research in tissue engineering/vascular surgery from Thomas Jefferson University Hospital in Philadelphia, Pennsylvania.

Dr. Golesorkhi completed her Susan G. Komen/Society of Surgical Oncology fellowship in breast surgical oncology from Allegheny General Hospital in Pittsburgh, Pennsylvania. Dr. Golesorkhi has published numerous articles for peer-reviewed publications, such as the Annals of Surgical Oncology and the American Journal of Physiology. Since 2009, she has dedicated her career to individualized treatment of benign and malignant breast diseases. Her passion is to raise awareness in prevention and treatment of breast related disease in marginalized communities. Dr. Golesorkhi is a member of the American Society of Breast Surgeons, the American College of Surgeons, and the Society of Surgical Oncology and is a member of medical staff at Morton Plant Hospital. She is fluent in English and Farsi.

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# CANCER SURVIVORSHIP

The American Cancer Society projects that nearly two million new cases of cancer will be diagnosed in the U.S. during 2023. The top three cancers among men are prostate, lung and colon. For women, the top three cancers are breast, lung and colon.

Thanks to ongoing scientific research, however, medical professionals have a much greater understanding of cancer and many more effective options to fight the disease than ever before.

"Increasingly, we are curing cancer or modifying its course to avoid complications. Patients are living longer with cancer more like a chronic disease and enjoying a better quality of life," said Ibrahim Sadek, M.D., Board-certified medical oncologist with Florida Cancer Specialists & Research Institute. "Even patients with stage 4 and metastatic cancers are in or beyond remission and their cancers are gone for good."

Each June, people around the world come together to recognize and celebrate everyone who is living with a history of cancer and raise awareness of the ongoing challenges faced by cancer survivors. This includes the more than 18 million Americans, just over 5% of the population, who are able to call themselves cancer survivors.

## Three Phases of Survivorship

By definition, a person becomes a survivor at the time of diagnosis and continues to be a survivor through the rest of their life. Survivorship is looked at in three distinct phases: diagnosis, treatment and life after treatment.

Though many patients go on to lead very healthy, normal lives, it is important to acknowledge that, for some, life may never be the same as it was before diagnosis. There can be long-term and late effects of chemotherapy and radiation, including ongoing emotional stress, as well as the patient's desire to prevent cancer recurrence.

## Survivorship: Care Beyond Cancer Treatment

Most patients diagnosed with early-stage cancer can expect their overall health and functioning to return to near normal levels, while others with certain types of cancer and those diagnosed at later stages may face other challenges.

According to the National Cancer Institute (NCI), survivorship focuses on "... the physical, mental, emotional, social and financial effects of cancer that begin at diagnosis and continue through treatment and beyond." The goal throughout survivorship is to experience as high a quality of life as possible.

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges. Milestones such as returning to work, managing emotional issues and managing the ongoing physical effects of cancer and treatment can also present unanticipated changes for patients and their families.

The key to returning to a normal life after cancer treatment may be found in establishing new habits of diet and exercise or learning ways to cope with a range of emotional and physical challenges.

## Nutrition and Exercise

Cancer survivors typically should turn first to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival.

In times past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice; however, recent research indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle, and they can refer patients and family caregivers to other professionals for a personalized post-treatment plan.

## Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are not unusual. More serious conditions can include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and side effects in sexuality.

Your oncology team is trained to monitor and manage the short- and long-term effects of treatment, so it is important to discuss your concerns with your team and then follow their instructions and recommendations.

The emotional side of cancer survivorship touches patients, families and others close to them. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and yet still worry about the future. Some people suffer episodes of anxiety and even depression. All these are matters to discuss with your oncology team, who can help you achieve balance or refer you to another appropriate professional if needed.

## Health Care After Cancer

In the rush to put cancer in the past, it is important to remember that the end of treatment does not mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It is important to keep your follow-up appointments and undergo tests and screenings as recommended by your oncologist. There is no absolute certainty that seeing your oncologist will prevent cancer from returning, but it will help make sure that any recurrence is detected and treated early.



The **National Cancer Survivors Day Foundation** reminds us this month, "Surviving cancer is something to celebrate, but it is not the end of the story. Cancer changes your health and your life forever." CancerCare is a national organization providing free, professional support services and information to help those who have completed cancer treatment manage the emotional, practical and financial challenges. To learn more, visit [CancerCare.org](http://CancerCare.org).

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# BEWARE SICKCARE: SHIFT TO OPTIMAL HEALTH IN OUR MODERN "HEALTHCARE" SYSTEM

[This post was originally published on neuptech.com and is republished with permission]

**T**oday, in the arena of health and wellness, a seismic shift is underway. Our prevailing model of healthcare—or rather, "sick-care"—is beginning to give way to a more forward-thinking approach: optimal health. So, what is this shift all about?

## SHIFT FROM REACTIVE TO PROACTIVE:

### The Time Has Come

Presently, the healthcare system in the United States primarily functions reactively. It's like waiting until your car has a blown engine before you consider routine maintenance. According to the Centers for Disease Control and Prevention (CDC) in 2019, nearly 90% of the nation's \$3.5 trillion annual healthcare expenditures are for people with chronic and mental health conditions.

Clearly, the reactive model is not working. Instead of addressing illness and disease after they've already taken root, isn't it time we began investing in prevention and proactive care?

## REPLACE SICKCARE WITH HEALTHCARE:

### The Urgency of Change

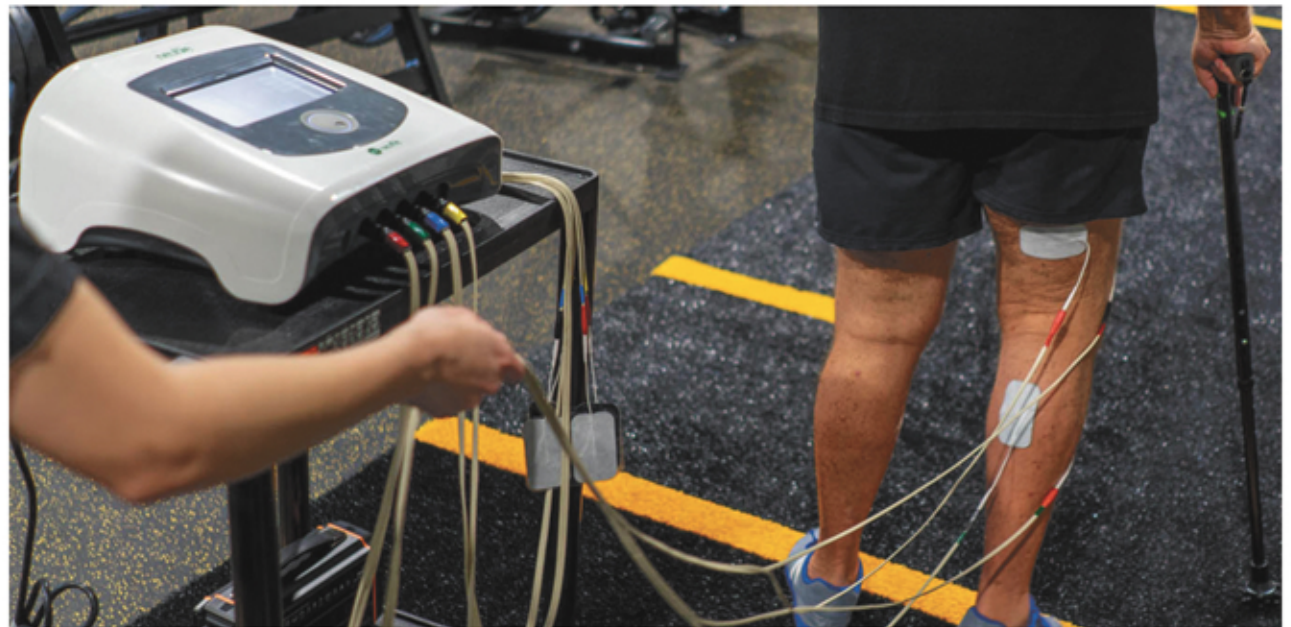
The current sickcare system, focused primarily on treating disease, fails to address the root causes of many health issues—lifestyle choices. Consequently, patients get caught in a cycle of managing symptoms rather than improving overall health.

According to a 2020 report by the Milken Institute, if the focus of U.S. healthcare shifted to prevention and addressing root causes of diseases, potential healthcare savings could amount to nearly \$1.1 trillion per year. This shift isn't only about cost—it's about quality of life, productivity and longevity.

## OPTIMAL HEALTH:

### A New Paradigm

Optimal health encompasses far more than mere absence of disease. It's a dynamic, multifaceted state of being that includes physical, mental and



social well-being. This involves regular physical activity, balanced nutrition, quality sleep, stress management, meaningful social interactions and a sense of purpose in life.

In this new paradigm, healthcare providers are developing more services to promote optimal health and wellness, shifting from problem-centered care to person-centered care.

For instance, integrative healthcare clinics now offer services like nutritional counseling, fitness coaching, mindfulness training and stress management programs as part of their comprehensive health strategies. These services not only treat existing conditions but help individuals cultivate healthy habits and lifestyle choices that prevent disease onset.

## HEART RATE VARIABILITY:

### Your Health in Numbers

One innovative tool for assessing your optimal health is Heart Rate Variability (HRV), a measurement of the variation in time between each heart-beat. This variable is controlled by the autonomic

nervous system (ANS) and can be used as an indicator of our body's resilience and physiological adaptability.

A below average HRV score can indicate high sympathetic dominance, associated with increased incidence of chronic health issues, neurohormonal imbalance, poor sleep, mental stress/anxiety, poor immunity/risk of infection or illness, low energy, impaired conservation of resources and/or homeostasis restoration and increased incidence of pain/headaches (Shaffer F, Ginsberg JP. 2017).

## PHYSICAL THERAPY:

### A Proactive Approach

Many physical therapists, like Competitive Edge Performance Physical Therapy in Tampa, Florida, have embraced the shift towards optimal health.

Using tools like HRV, they tailor individual programs to bolster overall health, prevent injuries and enhance recovery. They incorporate techniques such as exercise prescription, manual therapy, nutritional advice, education on body mechanics and even utilize unique technology that helps optimize the nervous system during the course of PT treatment.



A clinical HRV system, combined with physical therapy, delivers a more robust program of care. By assessing your HRV scores, physical therapists can customize treatments to meet your specific needs, helping you achieve and maintain your optimal health. This proactive approach aims to prevent health issues from arising in the first place, rather than treating them after they've appeared.

### The Transformational Power of Optimal Health

Imagine a world where individuals could mitigate, even prevent, chronic conditions like heart disease, diabetes and obesity—all major contributors to morbidity and mortality in the US (American Heart Association, 2020).

This isn't merely a fanciful dream. This is the promise of optimal health.

The transformative potential of a healthcare system that prioritizes optimal health cannot be overstated. By focusing on prevention, we can enhance the quality of life, improve productivity and even save trillions of dollars in healthcare costs (National Institute of Health, 2020).

### YOUR INVITATION TO OPTIMAL HEALTH IN TAMPA, FL

The future of healthcare lies in promoting optimal health—proactive, preventative, personalized care that empowers individuals to take charge of their well-being. This transformation has the potential to revolutionize health outcomes, reduce healthcare costs, and most importantly, improve quality of life.

We all deserve to live in a state of optimal health. But how can you begin this journey? The first step is understanding your current state of health.

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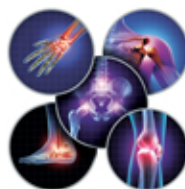


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# The Most Common Causes of Cartilage Loss

By: Regenexx at New Regeneration Orthopedics

**O**ftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

## The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint (“bone on bone”) and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

## What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what’s in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn’t any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



## Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it’s actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Regenerative medicine can improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using regenerative medicine in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving an injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

## 1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

## 2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient’s insulin-response system that can break down cartilage. This is referred to as “metabolic syndrome.”

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

## 3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or bone marrow concentrate procedures.

## 4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and bone marrow concentrate, in our clinical experience, can help reduce instability whether the ligament is loose or torn (partial or non-retracted). In more severe cases, surgery may be needed.

## 5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

#### 6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDS, and other drugs when not essential.

#### 7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

#### 8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

#### 9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage. While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and bone marrow concentrate seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.

Experiencing pain from cartilage loss? Find out what Regenexx at New Regeneration Orthopedics can do for you at [www.newregenortho.com](http://www.newregenortho.com).



**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).

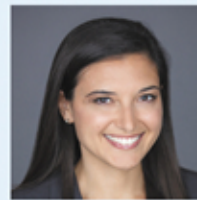
In 2012, Dr. Leiber was the first to offer Regenexx in Florida and began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



**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:**

**813-296-2614**

2401 University Parkway, Sarasota

8600 Hidden River Parkway, Tampa

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1412 Trovillion Avenue, Winter Park



# Boosting Dad's Health & Happiness: Celebrating Father's Day with GAINSWave

BY DR. ROBERT LUPO, D.C.

**D**o you have erectile dysfunction? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause. This year, instead of traditional Father’s Day gifts, why not consider something that will truly make a difference in your father’s health and happiness?

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

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

## Treat ED’s Cause with GAINSWave

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of



new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

## it’s Never too Late

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

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

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

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

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

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

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

Dr. Robert Lupo, D.C.

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

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

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[www.RidetheGwave.com](http://www.RidetheGwave.com)

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# Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

**W**hen you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

## The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

## Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with The National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

*For SI Joint Instability, Dr. Panchal performs the following techniques:* radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

**The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:**

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

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

At The National Institute of Spine & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and

Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

*At The National Institute for Spine & Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries.*

*They have many alternatives to help you with your personalized treatment needs. Please visit their website at [www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org), or call them at (813) 264-PAIN (7246).*

## The National Institute of Spine & Pain

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

**(813) 264-PAIN (7246)**

[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)



# MonaLisa Touch®

## LASER THERAPY

By Parveen Vahora, M.D.

### MonaLisa Touch®

MonaLisa Touch is a noninvasive laser therapy to treat vaginal atrophy (GSM or genitourinary syndrome of menopause). GSM is a condition that causes symptoms like vaginal dryness and pain during sex. The MonaLisa Touch can help make sexual intimacy more comfortable. It works by healing the tissue lining of your vagina, restoring its moisture.

MonaLisa Touch is an alternative to estrogen-based therapies like creams, lubricants, or medication. It's ideal for people who either can't or prefer not to use estrogen therapy as a treatment for GSM.

### MonaLisa Touch and Menopause

The MonaLisa Touch treats symptoms of GSM that most commonly occur in menopause. During menopause, your estrogen levels decrease. These hormonal changes cause your vaginal tissue to become dry and thin. This can lead to several symptoms, such as:

- Painful sexual intercourse.
- Vaginal discomfort and bleeding.
- Frequent urinary tract infections (UTIs).
- Urinary incontinence (leaking pee when you sneeze, laugh or cough).
- Vaginal irritation, itchiness or burning.

The MonaLisa Touch helps the tissues in your vagina regenerate, enabling it to become moist again. It's important to note that the MonaLisa Touch doesn't tighten your vagina. There are other methods your provider may suggest if your goal is to fix looseness or sagging. The MonaLisa Touch helps restore your vagina's lubrication, not necessarily appearance.

### MonaLisa Touch is for YOU

The ideal candidates for MonaLisa Touch treatment are people who:

- Are experiencing symptoms of low estrogen during the transition to menopause or after menopause.
- Tried other methods (such as estrogen therapy) and were unsuccessful.
- Have symptoms as a result of chemotherapy, breast cancer or hysterectomy.
- Can't take estrogen due to other health conditions or treatments.
- Have been diagnosed with vulvar disorders like lichen sclerosus.

### How the MonaLisa Touch treatment works

The MonaLisa Touch is a CO2 (carbon dioxide) fractional laser. A fractional laser delivers thousands of tiny light beams into a specific area. The laser beams destroy vaginal tissue and stimulate your vaginal tissue to generate new blood vessels and produce more collagen and elastin. This essentially causes the tissue lining to regenerate and repair itself.

### PROCEDURE DETAILS

Treatment with the MonaLisa Touch happens in your healthcare provider's office. It's similar to what happens during a Pap smear. Your provider will insert a wand-like device into your vagina to begin treatment. The device delivers tiny energy pulses into your vagina. It may feel like a vibration or a tiny prick — like the poke of a needle. Your provider will treat both the internal vaginal skin and the skin at the opening of your vagina.

You need three treatments spaced about three weeks apart. Your provider may recommend annual treatments to maintain relief of your symptoms. Treatment with the MonaLisa takes about five minutes.

Recovery from MonaLisa laser therapy is quick. You can continue with your day as normal. Your vagina may feel a little irritated or uncomfortable. Applying ice packs or a lubricant may help if you feel discomfort. Avoid doing activities that cause you pain.

### RISKS / BENEFITS

Treatment with MonaLisa Touch has been shown to cause significant improvements in vaginal moisture. It can restore a person's sexual intimacy and give them confidence again. MonaLisa Touch treatment is also beneficial for people who can't take estrogen. Treatment for vaginal dryness traditionally involved estrogen medications. This means people who can't take estrogen were left without relief options before MonaLisa Touch laser treatment.

### Effectiveness

Studies show that over 80% of people are satisfied or very satisfied with the treatment results. About 90% of people rate their improvement as better or much better. Many people say notice relief from vaginal dryness after just one treatment.

### Side Effects

Side effects are mild and don't last longer than 36 hours. The most common side effects are:

- Irritation at your vaginal opening.
- Light bleeding.
- Pink or brown vaginal discharge.
- Itching or burning sensation when you pee.
- Swelling or redness at your vaginal opening.

### RECOVERY AND OUTLOOK

Most people return to their normal activities the same day. You should refrain from intercourse for three days. You can expect to have mild irritation or discomfort for 24 to 36 hours. Discuss specific recovery instructions with your provider so you know what to expect. Contact your healthcare provider if you have uncomfortable symptoms due to vaginal dryness. They can talk to you about possible treatment options, including treatment with MonaLisa Touch.

### Treatment Cost

Your insurance doesn't cover MonaLisa Touch treatment. The exact cost of treatment depends on your location and provider. Some people may need up to five sessions initially. Most people need to return every 12 to 18 months for touch-ups. Be sure to talk to your provider about what you can expect to pay for treatment. At Vahora Gynecology we offer financing options through Affirm. <https://www.affirm.com>

### AFFIRM

*Experience the freedom of flexible financing with Affirm! Say goodbye to financial barriers and hello to a seamless shopping experience. With Affirm, you can easily break down your purchase into budget-friendly monthly payments, making those big-ticket items more accessible than ever before. Treat yourself to those advanced treatments, Affirm empowers you to buy now and pay later, without any hidden fees or surprises. Enjoy transparent terms, clear payment options, and personalized financing plans that fit your lifestyle and budget. Applying is quick and easy, with instant approval decisions that won't impact your credit score. Discover a smarter way to shop and start enjoying the things you love with Affirm Financing today!*

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# Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

**H**yperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

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

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.<sup>1</sup> A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.<sup>2</sup>

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees, and off-label use is always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

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.

## Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. 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, or one that touts false claims. 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.

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.

## Patient Testimonials

*"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."*—Rachel W.

*"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"*—Thomas P.

*"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGio."*—Tyler Z.

*"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."*—The Payne Family

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.

## 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

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

## Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis." UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

 **Hyperbaric Centers of Florida**  
[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)



# Alzheimer's & Dementia: A Growing Epidemic

**I**t may seem unbelievable that the statistics for Alzheimer's and Dementia are skyrocketing to upwards of 6 million in the US, and that number is expected to triple by 2050. Have you or a loved one already been diagnosed with this devastating disease?

Forgetfulness, agitation and frustration, social withdrawal, difficulty with daily tasks, these are all symptoms of Dementia. Every 66 seconds someone develops Dementia in the U.S. Experts estimate that the number will be close to 15 million people by mid-century.

With Dementia, there are several different types, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke or mini-stroke(s). Vascular dementia injures the brain in the area that controls memory, problem solving and speech. This type of dementia progresses at a slower pace, but with nonetheless frustration and self-consciousness for its sufferers.

## Warning Indicators

The signs and symptoms of dementia are different for every patient, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Changes in personality
- Agitation and Frustration
- Difficulty with daily tasks
- Social withdrawal
- Aphasia (speech disorders)
- Sundowning/Sleeplessness/Restlessness, especially in the evening

## Treatment

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. There are lifestyle choices that can help patients stave off the progression. These include:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors



Alzheimer's and Dementia Preventative Measures Eating a nutritious diet, such as the Mediterranean or Dash diet provides essential nutrients for the brain's health. There have also been many studies on high doses of vitamin C and antioxidant therapy that help to protect cognition.

Staying social is also an impactful method to keeping your brain active. Along with socialization, staying physically active is imperative to keeping your oxygen-rich blood pumping and for warding off Alzheimer's and dementia.

*Aston Gardens offers a memory care facility on their Tampa Bay Campus.*

## 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](http://astongardens.com).



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



# When You Are At Your Wits End

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

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

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

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

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

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

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

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





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