

T A M P A B A Y ' S

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Cartilage Loss**

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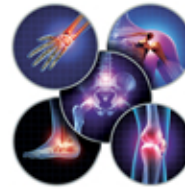
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ADVANCED AND INDIVIDUALIZED CARE

A WARNING FOR ALL: Don't Ignore Heart Attack Symptoms

Lara Warn instantly stands out in the crowd as she arrives for a weekly cycling class near downtown St. Petersburg. But it's not just from the muscular frame of a natural athlete, the burst of platinum blond hair atop her otherwise close-cropped head, or the warm, mega-watt smile she flashes to fellow riders.

It's the mere fact that Warn is here at all – spinning a dramatic and inspiring story beyond her comfort zone, while spreading a message she hopes will save lives as part of her new journey.

The path has led the normally private 42-year-old, an absolute picture of health, to publicly share an account of a massive heart attack that would have killed her last fall if not for her own gut instincts and the expertise of the fast-acting emergency room and cardiac teams at St. Anthony's Hospital.

What's more, this unexpected turn in the road motivated Warn to step into the spotlight on April 30 in a way she never imagined: She participated in the Sprint-distance race of the St. Anthony's Triathlon, which marked its 40th year in April. She competed in her first triathlon as a way to honor the medical staff and hospital that gave her a new chance at life.

"I want to take my power back," said Warn, the owner of Pup Active, a canine-themed online apparel company. "I want to compete in a race sponsored by the hospital that saved me. And I want to help people, because if I had heard a story like mine before it happened, I would have gone for treatment immediately."

As her surname might suggest, she hopes to warn others that the onset of heart attacks don't necessarily mirror Hollywood depictions, such as comedian Redd Foxx's chest-clasping bit on the 1970s sitcom *Sanford & Son*. And for women, Warn has since learned that the signs of a heart attack can be particularly hard to recognize.



Lara Warn was excited to reunite with Jason Levine, MD, the cardiologist who performed the life-saving procedure last fall when she came to the hospital suffering a massive heart attack.

'We think you're having a heart attack'

The morning of Oct. 24 began harmlessly enough at a local gym. Warn sensed only that she felt a bit off – with no inkling of the total blockage of the largest heart vessel, the left anterior descending artery. As she counted weight reps, the seconds counted down to a potentially fatal cardiac event known as the Widow Maker.

"I had just started my normal workout and was about three or four minutes in, and not even breathing heavily or sweating," she recalls. "All I felt was a very slight pinch or burning in my chest. It didn't hurt but felt weird. At first, I thought, 'Oh, I had a salad before working out – it must be that.'"

Warn decided to return home, take a cold shower and lie down. Had she fallen asleep, she now knows, she never would have awakened. "My intuition was, 'Just go to the doctor and see,'" she remembers.

She dressed quickly and drove to nearby St. Anthony's. When she arrived at the emergency center, she explained, "My chest feels a little weird, and I'm having a harder time breathing as time goes by."

In seconds, Warn was fitted with EKG sensors, while a group of people hovered over her. A nurse held her hand, and calmly relayed the news: "We think you're having a heart attack."

No way was that possible, Warn thought, but now the nurse was asking her whom they should call. That's when it suddenly hit her. Warn asked the nurse, "Am I going to die?" She would never forget her reassuring reply. "I don't think so – not today."

Warn's thoughts blurred as she was raced down a hallway on a gurney to the cardiac catheterization lab. There, Jason Levine, MD, a cardiologist,

and his team inserted a microscopic tube through her wrist and saw no blood flow in her artery. The team inflated a tiny balloon to clear the full obstruction and inserted two stents.

When she awakened, a St. Anthony's team member asked if she knew what happened. Warn answered shakily: "I think I had a heart attack? He looked me in the eyes and said, 'You had a massive heart attack. You're very lucky to be alive.' "

Heart-to-Heart Talk

She was only in the hospital some 40 hours. Within a month, she was eager to resume physical activity – understandable for a former multi-sport star who grew up in Japan where her mother taught school. Samantha Radigan, a St. Anthony's physician assistant, urged her to take it slow as they gauged her recovery in follow-up appointments. But one day, Warn had an idea to share with her: She wanted to compete in the St. Anthony's Sprint Triathlon, which consists of a 750-meter swim, a 20K bike ride and a 5K run.

"I said, 'I know we've had me pulling back a little bit, but I wonder if I can do this and start training,' " Warn recalls. "Samantha looked at the chart, and looked at me, and then she said, 'Let it rip!'"

With that, she began a weekly regimen of running 2-3 miles, swimming 750 meters and taking three-to-five classes at a local cycling gym. "I don't care if I finish last," she says, "I'm going to complete the race."

Heed the Warning Signs

Earlier this year, Warn had the opportunity to meet Dr. Levine for the first time since the day of her heart attack. The reunion, which also included Radigan, was tinged with tears and laughter.

"Time is heart muscle, so everyone jumped into action," Dr. Levine said. "The sooner we can identify the blockage and open it up, the sooner the heart will get the oxygen and blood it desperately needs."

"When you have a really great cath lab team," Radigan added, "everything in that moment works like a symphony."

The medical team was surprised to see a heart attack victim in such excellent condition. Yet later, findings of an elevated cholesterol panel indicated



Lara Warn nears the finish line of the St Anthony's Triathlon Sprint-Distance event. She celebrated finishing with friends who had cheered her on during her recovery and at the race.

some concern for family history and genetics. Dr. Levine sees a trend of heart attack victims getting younger, and he underscores that women often present different symptoms than men.

"Obviously, the No. 1 symptom for men and women is chest pain," he says. "But 40 percent of women who come in with heart attacks don't even have chest pain."

The takeaway: If something feels amiss and is a concern, have it checked out. "We see people here all the time and they feel dumb if it's not cardiac but heartburn," Radigan says. "But I tell all of those people you should never feel silly."

Fast forward to St. Anthony's Triathlon Weekend, which became a run-bike-run event because of inclement weather. But Warn didn't mind. As she

approached the finish line on that wind-whipped Sunday morning, she made a most surprising move in the race of her life. She stopped.

Amid the flood of emotions washing over her in that moment, Warn paused to hug a small group of close friends who had cheered her on and held up cut-out likenesses of her face and signs, including one that read, "Lara makes my (heart) skip a beat."

"I feel such a sense of gratitude," Warn said minutes after crossing the line. "I'm just choked up. All my friends were there. I'm alive. I get to be here – and I *finished*."

 **St. Anthony's Hospital**
BayCare Health System

The Most Common Causes of Cartilage Loss

By: Regenexx at New Regeneration Orthopedics

Oftentimes, 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.



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.



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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]

Today, 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

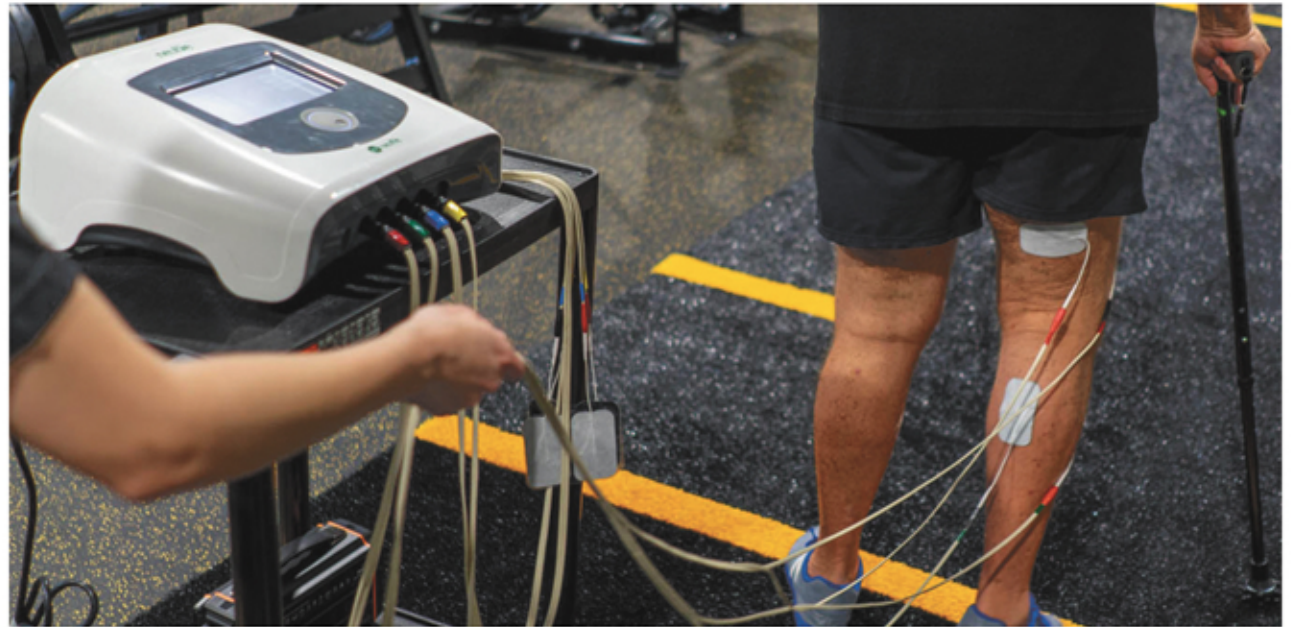
The current sickcare system, focused primarily on treating disease, fails to address the root causes of many health issues—lifestyle choices. Consequently, patients get caught in a cycle of managing symptoms rather than improving overall health.

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.

That's why we at Competitive Edge Performance Physical Therapy are offering you a unique opportunity. Come visit us and receive a FREE optimal health screening. We will assess your HRV and other health indicators, and guide you towards a personalized pathway to optimal health. This isn't just about preventing illness, it's about enhancing your wellness and unlocking your full health potential!



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Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

When 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, or call them at (813) 264-PAIN (7246).

The National Institute of Spine & Pain

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Alzheimer's & Dementia: A Growing Epidemic

It 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.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



When You Are At Your Wits End

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

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

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

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

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

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

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

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



EXPLORE TWO AWARD-WINNING COMMUNITIES

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




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THIS IS NO TIME FOR PAIN

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