

T A M P A   B A Y ' S

# Health & Wellness<sup>®</sup> MAGAZINE

June 2023

South Tampa Edition - Monthly

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

**FREE** 

## BOOSTING DAD'S HEALTH & HAPPINESS

**Celebrating  
Father's Day  
with GAINSWave**

See Page 7

## The Most Common Causes of Cartilage Loss

See Page 8

## Do You Need to Have a Lung Cancer Screening this Year?

See Page 6

## BEWARE SICKCARE

**Shift to Optimal  
Health in Our Modern  
"Healthcare" System**

See Page 10







# Advanced treatments personalized to you.

Through next-generation sequencing, we take a deep look into your genes to create treatment plans personalized to you.

This provides a road map for immunotherapies that strengthen the way your cells fight cancer. Our patients also have access to the latest clinical trials delivering quality treatment and expertise in communities across Florida. We take care of the big things in cancer care, so you can make the most of the little moments—every step of the way.



[FLCancer.com/LittleThings](http://FLCancer.com/LittleThings)

# Your Source for Exceptional Care



## About BayCare Medical Group

BayCare Medical Group is Tampa Bay's largest multispecialty physician group, with more than 600 providers practicing in 46 specialties at more than 170 locations.

## Your Source for Primary Care

Health care is intensely personal. You need a physician who provides a sense of security and trust. BayCare Medical Group primary care physicians build a real relationship with you. You'll receive excellent, compassionate care, close to home.

- Find your new primary care physician at [Doctors.BayCare.org](https://Doctors.BayCare.org) or (844) My-BMG-Dr (844-692-6437).
- Most insurances are accepted.
- Same day, early morning and late evening appointments are offered.

Learn more about us at [BayCareMedicalGroup.org](https://BayCareMedicalGroup.org).

## Your Specialist Resource

BayCare Medical Group specialists focus on quality, personalized care. All specialists are board certified and highly experienced. If you need help finding a specialist, our Customer Service Center can help you: (855) 466-6686





THE FUTURE OF PHYSICAL THERAPY

Tired all the time and don't know why?  
Come in and get your **FREE**

# Optimal Health Screening



## WESTCHASE

13817 W. Hillsborough Ave.  
Tampa, FL 33635

## SOUTH TAMPA

3105 W. Bay to Bay Blvd.  
Tampa, FL 33629

**813.352.5413**

Any CEP location can help you with all of your physical therapy needs.  
Scan the QR code to schedule an appointment.

READ MORE ON PAGE 10.



Neu**PTTECH**

**CEP**  
COMPETITIVE EDGE  
PHYSICAL THERAPY



SCAN ME



# CONTENTS

## JUNE 2023

6 Do You Need to Have a Lung Cancer Screening this Year?

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

8 The Most Common Causes of Cartilage Loss

10 Beware Sickcare: Shift to Optimal Health in Our  
Modern "Healthcare" System

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

13 Alzheimer's & Dementia: A Growing Epidemic

14 Spiritual Wellness: When You Are At Your Wits End

### CONTACT US

OWNER / ACCOUNT EXECUTIVE

**SOUTH TAMPA - (727) 515-2353**  
**BOB GUCKENBERGER**  
bobguckenberger@gmail.com

CREATIVE DIRECTOR

**SONNY GRENSING**  
sonny@gwhizmarketing.com

South Tampa Health & Wellness Magazine can be found in over 1,000 South Tampa area medical facilities including, hospitals, doctors', chiropractors' and dentist offices. Find a copy of your FREE South Tampa Health & Wellness Magazine in most grocery and convenience stores as well.

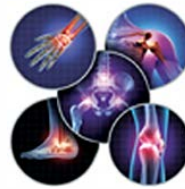
To get your article published and for ad rates, call  
**South Tampa**  
**Bob Guckenberger - 727.515.2353**

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2023. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

### NATIONAL INSTITUTE OF SPINE & PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain

### ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

**Sunil J. Panchal, M.D.**

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

fax: 813-264-7249

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

email: [appt@nationalinstituteofpain.org](mailto:appt@nationalinstituteofpain.org)

Whatever the source of your pain,  
you can benefit from visiting the  
Pain Management Center

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

### PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Cammie Acevedo, APRN

#### SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/  
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

**NOW OFFERING GENETIC  
TESTING FOR MEN**

**INSPIRING WOMEN TO LIVE  
THEIR BEST LIFE BY PROVIDING  
COMPASSIONATE CARE.**

**Call or email to set up your consultation today!**

**727-376-1536**

[Info@ParveenVahoraMD.com](mailto:Info@ParveenVahoraMD.com)

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

**9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655**

**ADVANCED AND INDIVIDUALIZED CARE**



# Do You Need to Have a Lung Cancer Screening this Year?

By Jonathan Waxman, MD

**L**ung cancer accounts for 27 percent of all cancer deaths each year in the U.S., making it the deadliest cancer among both men and women. In fact, 1 in 15 Americans will be diagnosed with the disease. Sadly, lung cancer also has the lowest five-year survival rate, with fewer than 2 out of 10 people diagnosed with the disease living five years or more. However, with education and advanced diagnostics, more people are being diagnosed early, which leads to better treatment outcomes and survival rates.

Lung cancer is the uncontrolled growth of abnormal cells in the lung. These cells grow rapidly and do not function as lung cells do normally. They form tumors that interfere with the lungs' ability to transfer oxygen and carbon dioxide.

Lung cancer can affect one or both lungs and most often occurs in the cells that line the tubes that carry air into and out of the lungs. There are two main types of lung cancer: small cell and non-small cell.

We caught up with cardiothoracic surgeon Dr. Jonathan Waxman to discuss more facts and important information on lung cancer screenings. Dr. Waxman is involved in all aspects of lung cancer, from diagnostics to treatment.

## Q: WHO IS THE HIGHEST-RISK PATIENT POPULATION FOR LUNG CANCER?

**A:** First and foremost, active or former smokers are at the highest risk, as are patients with a family history of lung cancer. Lung cancer is the second most prominent cancer in men and women after prostate and breast cancer. It's the number one cancer-related death in both men and women.

## Q: WHAT CAUSES LUNG CANCER FOR PEOPLE WHO HAVE NEVER SMOKED?

**A:** Lung cancer can be caused by genetics, family history, exposure to toxic chemicals, secondhand smoke, and sometimes other cancers can trigger lung cancer.

## Q: HOW COMMON IS LUNG CANCER?

**A:** Lung cancer is the second most common cancer in both men and women.

## Q: WHAT ARE THE LUNG CANCER SCREENING CRITERIA? WHO IS ELIGIBLE?

- 50-80 years old and in fairly good health
- 20 pack-year smoking history. Calculated by packs per day times number of years smoked
- Smokers who have quit in the past 15 years

## Q: WHAT ARE THE BENEFITS OF LOW-DOSE CT SCANS FOR LUNG CANCER SCREENINGS?

**A:** They allow us to identify early-stage lung cancer, so we can treat it before they become advanced. It's painless, has no injections, and takes just a few minutes. It's less radiation than a regular scan. It's also a yearly test - not just once.

Low-dose CT scans are the best for lung cancer screening and early diagnosis. Over a decade ago, it was common to use a chest X-ray to diagnose lung cancer, but low-dose CT scans are readily available to detect very minimal and small tumors early, which gives patients a better treatment outcome.

When we discuss this procedure with our patients, we consult with them during a shared decision-making process explaining the pros and cons of the screening. For those at high risk, this scan is essential.

Low-dose CT scans are a straightforward technique for patients. It only takes less than 5 minutes. It's non-invasive and offers the opportunity to identify lung cancer at an earlier stage.

Because we can catch these cancers early, meaningful treatments are implemented. Lung cancer can be lethal when caught in later stages.

Insurance will usually cover the screening if they fit the criteria.

Smoking cessation is critical to try to change the incidence of lung cancer. Patients should consult with their healthcare provider to find ways to quit immediately.

## Q: WHAT DO YOU WANT PATIENTS TO KNOW ABOUT LUNG CANCER AND SCREENINGS?

**A:** I would emphasize that lung cancer screening saves lives.

If you or your loved ones smoke currently or have in the past, inquire with their healthcare provider to find out if they qualify for a low-dose screening scan - it may help save your life.

## Treatment & Recovery

Depending on the stage and type of lung cancer, there are several treatment options. These include surgery, chemotherapy, radiation therapy, targeted drug therapy, and immunotherapy. Early detection is imperative for survival rates, health impacts, and recovery.



## Jonathan Waxman, MD

Dr. Jonathan Waxman is board certified in general surgery and thoracic surgery. He earned his Doctor of Medicine from Universidad Anahuac in Mexico City, Mexico. He continued his medical education by completing a surgery internship and residency at Harvard Medical School, Beth Israel Deaconess Medical Center in Boston, Massachusetts. He then completed a cardiothoracic surgery fellowship at the University of Tennessee in Memphis, Tennessee, and then a minimally invasive surgery fellowship at the University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania. Dr. Waxman strives to provide state-of-the-art thoracic oncology care in a comprehensive manner, ensuring good communication with all the physicians involved in the care of his patients. His clinical interests include minimally invasive thoracic/foregut surgery and robotic and video-assisted surgery. He is a member of the Society of Thoracic Surgeons, the American College of Chest Physicians, the General Thoracic Club, the Society of American Gastrointestinal and Endoscopic Surgeons, and is a fellow of the American College of Surgeons. He speaks fluent Spanish and Hebrew. Dr. Waxman is affiliated with St. Joseph's Hospital.

**BayCare Medical Group Thoracic Surgery**  
3003 W Dr. Martin Luther King Jr Blvd Fl 2  
Tampa, FL 33607

**Don't wait; schedule your lung cancer screening today.**

 **BayCare**  
Medical Group  
(813) 238-0810





# 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.

physical  medicine  
center

*where wellness and beauty meet*

### Physical Medicine Center, Inc.

14522 University Point Place  
North Tampa, Florida 33613

813-978-0020

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



# 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:**

**813-513-9229**

2401 University Parkway, Sarasota

8600 Hidden River Parkway, Tampa

100 2nd Avenue South, St. Petersburg

1412 Trovillion Avenue, Winter Park



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

[This post was originally published on neupttech.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

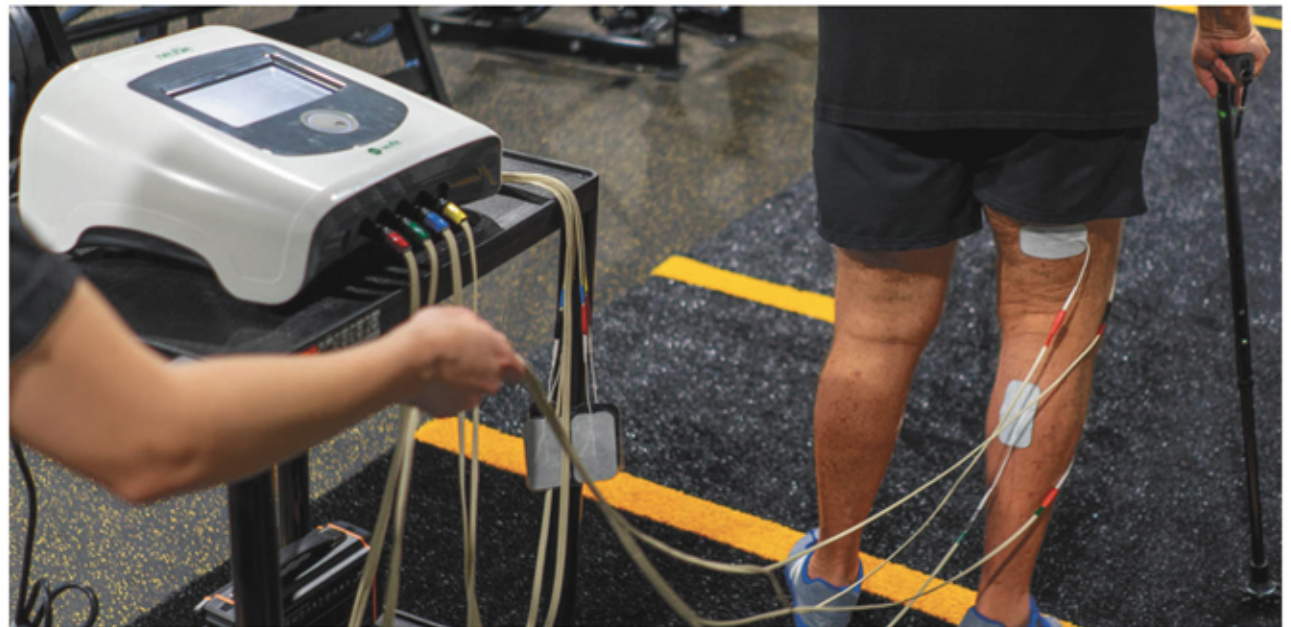
The current sickcare system, focused primarily on treating disease, fails to address the root causes of many health issues—lifestyle choices. Consequently, patients get caught in a cycle of managing symptoms rather than improving overall health.

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.

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!



#### FREE OPTIMAL HEALTH SCREENING

Are you ready to revolutionize your approach to wellness? Let's start today. Call (813) 849-0150 or visit us at 3105 W. Bay to Bay Blvd, Tampa, FL 33629 and mention this article!

**CEP**  
COMPETITIVE EDGE  
PHYSICAL THERAPY  
813-849-0150 | GOCEPPRO.COM



#### Hyperbaric Centers of Florida

##### Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

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.

Call Today for More Information! 813-788-3969

#### Tampa Bay's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com



On Twitter

twitter.com



In Your Inbox

Receive our monthly newsletter. Sign up online



Providing information   
that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.





# 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

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

**(813) 264-PAIN (7246)**  
**[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)**



# 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.**



# 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.

There 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.



  
**ASTON GARDENS®**  
*At Tampa Bay*  
By Discovery Senior Living

  
**DISCOVERY  
VILLAGE**  
AT WESTCHASE  
By Discovery Senior Living



**Come in for a FREE lunch and tour  
to see what sets us apart!**



ASTON GARDENS AT TAMPA BAY

**813.438.7345**

12951 W. Linebaugh Avenue, Tampa, FL 33626  
Active Independent Living | Assisted Living | SHINE® Memory Care

DISCOVERY VILLAGE AT WESTCHASE

**813.502.1069**

11330 Countryway Boulevard, Tampa, FL 33626  
Assisted Living | SHINE® Memory Care



©2022 Discovery Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law.  
Managed and Operated by Discovery Senior Living. Assisted Living Facility License #10546 & #13328. AGTB\_DVW-0027 7/22





# THIS IS NO TIME FOR PAIN

*NON-SURGICAL* ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOSM



IGNATIOS PAPAS, DO



LISA VALASTRO, DO

## REGENEXX TAMPA BAY

### Tampa Bay

8600 Hidden River  
Pkwy, Ste 700  
Tampa FL 33637

### St. Petersburg

100 2nd Ave S,  
Ste 904S  
St. Petersburg FL 33701

### Sarasota

2401 University  
Pkwy, Ste 104,  
Sarasota FL 34243

### Orlando

1412 Trovillion Avenue  
Winter Park, FL 32789