

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

July 2023

Pasco/North Tampa/New Tampa Edition - Monthly

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FREE 

BAYCARE EXPANDS BEHAVIORAL HEALTH SERVICES

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READ MORE ON PAGE 8.



SCAN ME

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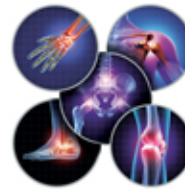
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ADVANCED AND INDIVIDUALIZED CARE

BayCare Expands Behavioral Health Services With Inpatient Unit at St. Joseph's Hospital-North

BayCare, the largest provider of behavioral health services in the Tampa Bay region, expanded this spring with the addition of a 24-bed inpatient psychiatric and medical unit at St. Joseph's Hospital-North in Lutz. The St. Joseph's Hospital-North Unit for Psychiatry and Medical Services (UPM) opened in April 2023.

The new behavioral health unit was announced in February 2022 by Hillsborough County. BayCare and Hillsborough County each contributed \$3.5 million of the \$7 million total cost of the unit. Hillsborough County used federal American Rescue Plan grant money to fund its half.

"The allocation of these funds by Hillsborough County, along with our partnership with BayCare in this endeavor, will greatly assist in serving individuals with both behavioral health and medical needs," said Hillsborough County Commission Chairman Ken Hagan. "The Unit for Psychiatry and Medical Services at St. Joseph's Hospital-North will treat and deliver care for a patient population in an innovative way."

"Many providers nationally are closing behavioral health programs," said Anthony Santucci, BayCare director of behavioral health nursing. "We're fortunate that BayCare and its BayCare Board of Trustees is committed to serving our community's health needs. It's remarkable we are expanding while others are closing."

Santucci also noted that there are not many locations for inpatient mental health services in northern Hillsborough County, where St. Joseph's Hospital-North is located.

"St. Joseph's Hospital-North is dedicated to improving the health and well-being of all those we serve," said Sara Dodds, president of St. Joseph's Hospital-North. "We are proud to be contributing to this currently unmet need in our community."

Santucci said the St. Joseph's Hospital-North UPM delivers care in a nontraditional way from most mental health programs. The UPM treats patients simultaneously for both medical and psychiatric diagnoses and needs. Traditionally, medical and psychiatric are treated separately in different units.



An inpatient room. Note the safety feature enclosing the television screen.

"This brings psychiatry and medicine together into a single effort to care for the patient as a whole. We're not carving this out, with a separate space for each," Santucci said. "This is a reimagining of a care delivery model."

A former medical/surgical unit at St. Joseph's Hospital-North was redesigned and constructed to meet the regulatory requirements for licensed inpatient psychiatry. Santucci said the design changes are mostly from a safety perspective and includes changes to furniture, beds, shower facilities, sink fixtures and ceilings.

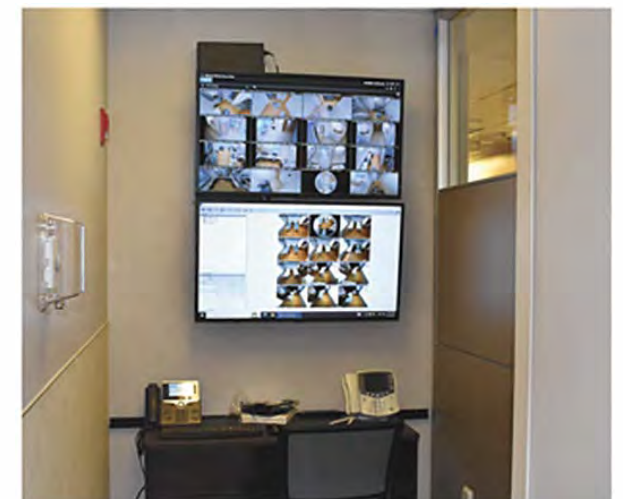
The St. Joseph's Hospital-North UPM is staffed by registered nurses, mental health technicians, patient care technicians, behavioral health therapists, psychiatrists and medical hospitalists (hospital-based doctors).



A common and dining area.

"The foundation of this program (St. Joseph's Hospital-North UPM) stands tall on the integration between medicine and psychiatry," Santucci said. "I feel honored to be part of a health care system that recognizes the needs within our community surrounding mental health."

BayCare currently operates 318 behavioral health inpatient beds in four counties (Hillsborough, Pasco, Pinellas, Polk) at eight locations. More than 12,000 patients are treated annually including adult, geriatric, child and adolescent patients.



A monitoring station to view patient rooms.

BayCare's St. Joseph's Hospital-North's UPM addition is the health system's third significant behavioral health announcement this year.

In early 2023, BayCare announced the acquisition of Northside Behavioral Center in Tampa.

Additionally, St. Anthony's Hospital in St. Petersburg, another BayCare hospital, announced in March the addition of 13 rooms for behavioral health patients to its Emergency Center as part of an expansion project.

 **St. Joseph's
Hospital-North**
BayCare Health System

StJosephsNorth.org

Christmas IN JULY DONATION DRIVE JULY 1-28

Meet Leo

When Leo was diagnosed with a brain tumor, it was devastating news for his parents. But they knew he was in great hands at St. Joseph's Children's Hospital. From the start, Child Life Specialists worked with Leo to keep him comfortable, helped him overcome the stress and anxiety of the hospital surroundings and kept him happy. "The support we've received here is irreplaceable," said Leo's mom. "It's frightening and difficult, but the Child Life team found ways to make the hospital seem like not such a scary place." Leo now walks into St. Joseph's Children's Hospital with confidence and looks forward to visiting his "friends."

Be a bright light for children like Leo during what can be an overwhelming time in their lives. Making a donation during the Christmas in July event is a way to give kids comfort and help them cope while they're in the hospital.

You can help: StJosephsChristmas.org



Leo
Medulloblastoma patient, age 3

WHAT IS ACROMIOPLASTY?

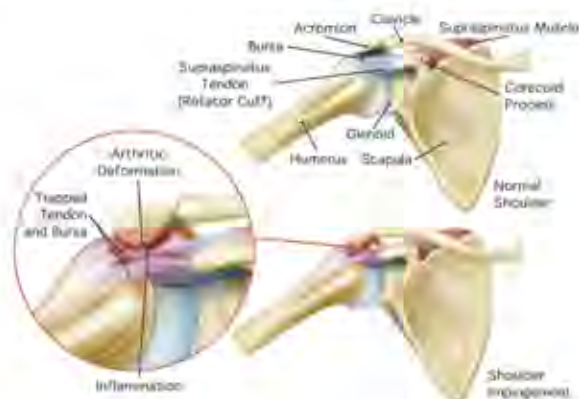
By Regenexx at New Regeneration Orthopedics

Acromioplasty Defined

Acromioplasty is a surgical procedure that is designed to help alleviate pain that is present in the shoulder when a person moves their arm to the front or to the side. This type of pain is called shoulder impingement because it literally impinges some key structures in the shoulder complex. As seen in the image below, there is a bone that creates a "roof" over the very top of the shoulder, and is the meeting point for the end of the collar bone. This bone that creates the roof is called the acromion process and is a part of the shoulder blade. The two soft tissue structures that pass underneath the acromion are the bursa and the supraspinatus tendon, which is one of the tendons of the rotator cuff.



In shoulder impingement, some combination of inflammation, mechanics, and history of injury could lead to a narrowing of the space where tissues travel. Occasionally, the acromion itself becomes arthritic from repetitive aberrations to shoulder mechanics.

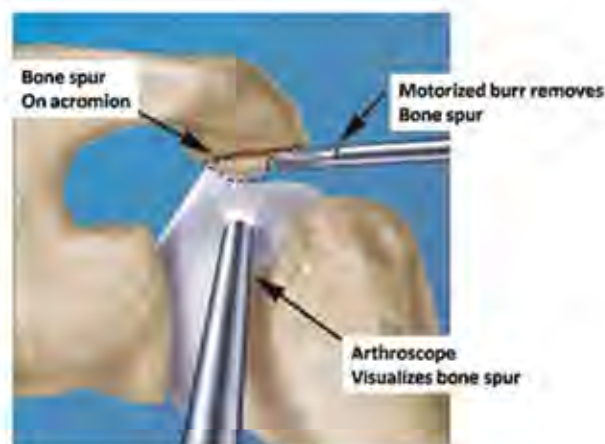


In shoulder impingement, some combination of inflammation, mechanics, and history of injury could lead to a narrowing of the space where tissues travel. Occasionally, the acromion itself becomes arthritic from repetitive aberrations to shoulder mechanics.

So, in the case of defining Acromioplasty, let's look at the portions of the word:

- **Acromio** – which stands for the acromion process
- **Plasty** – a medical suffix which stands for the *repair or restoration of a part or function by molding or shaping through a surgical procedure.*

An Acromioplasty is a surgery where the doctor uses a device to shave down the bone to remove a part of the acromion process and theoretically make room for the rotator cuff muscle and bursa.



Who Would Consider Acromioplasty?

In the traditional orthopedic setting, patients who have chronic shoulder pain, meaning lasting more than six weeks, and having minimal relief with rehabilitation exercises and/or cortisone injections might be counseled to consider Acromioplasty. The conditions these patients may have could include any combination of:

- Bursitis
- Arthritis
- Bone spurs
- Rotator cuff injuries

Potential Problems with Acromioplasty

In general, in orthopedic medicine when we see alterations to the structure of the body, like shaving down a portion of a bone, there is often a domino effect of issues because changing the bone, changes the mechanics. So, although there may be some relief, there can be complications from the changed mechanics down the line. In fact, one study is a systematic review and meta-analysis of six randomized controlled trials evaluating the efficacy of Acromioplasty (1).

The study concluded that:

The results showed no significant differences between the two treatments [acromioplasty versus nonacromioplasty] in reoperation rate at the final follow-up or VAS score at 6 months postoperatively and final follow-up, but there was a significant difference in VAS score at 12 months postoperatively in favor of acromioplasty treatment (1).

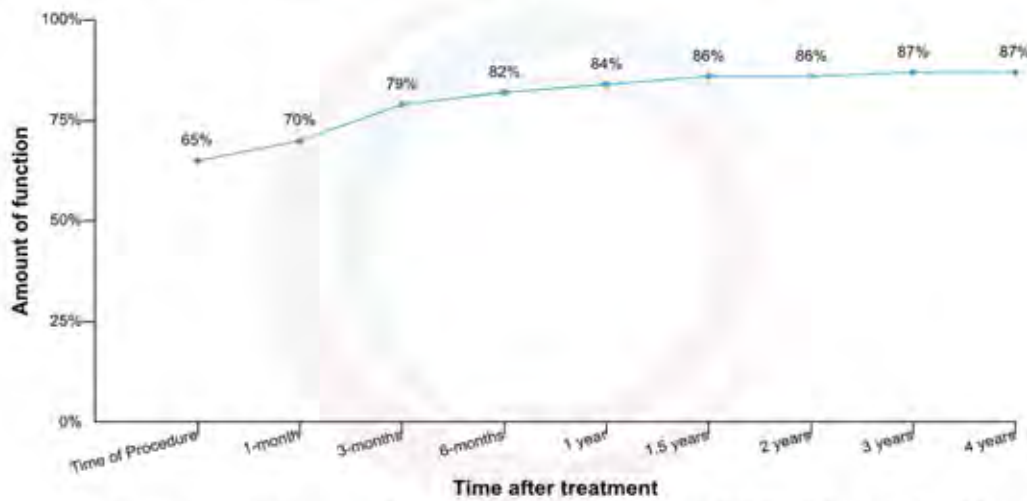
Arbitrarily, it seems, the patients who received the acromioplasty noted improvement at the 12 month mark but not at 6 months post-op nor at their final evaluation. The result of this study is that this is not clinically significant data in favor of acromioplasty and suggest further studies are needed to assess the success-rate of Acromioplasty surgeries.

Alternatives to Acromioplasty Surgery

In the world of nonoperative orthopedics, shoulder impingement, bursitis, rotator cuff tears, and arthritis are all routine clinical findings that are treated with platelet rich plasma (PRP) or bone marrow concentrate (BMAC).

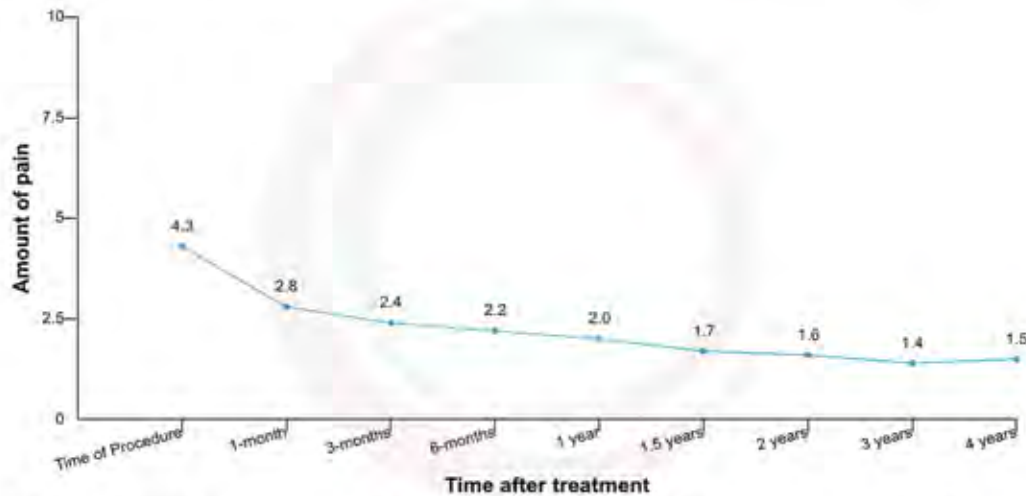
To get an idea of the success rate of shoulders treated with regenerative medicine at Regenexx, there are 2636 (and counting) cases of shoulder pain being tracked long-term in the Regenexx Patient Registry. In the registry data, the patients are surveyed at regular intervals about their perceived function improvements, pain level improvements, and overall improvements in their shoulders after a Regenexx procedure.

Shoulder Function Improvement After Regenexx Procedure



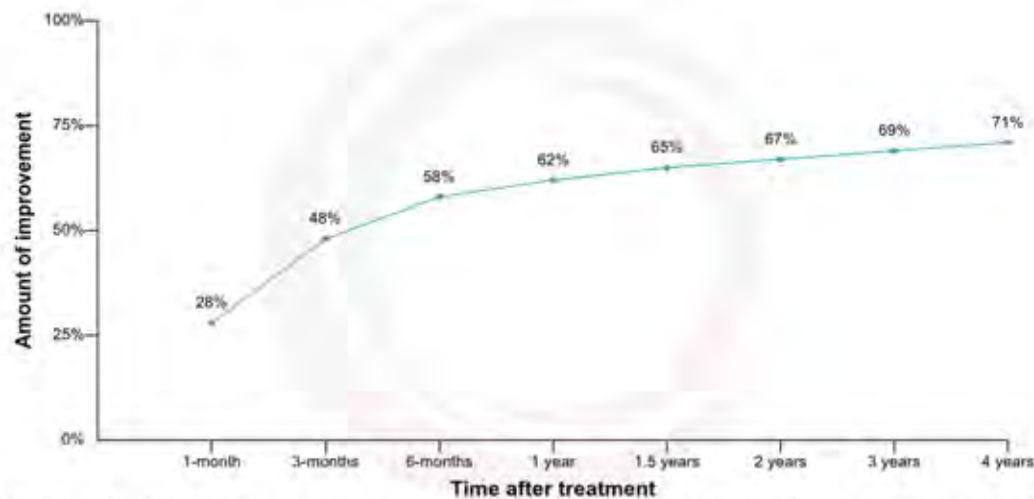
Prior to treatment, patients report being limited to an average of 65% of their optimal function. After receiving treatment, they report averages up to 87% (2).

Shoulder Pain Decrease After Regenexx Procedure



Prior to receiving treatment, patients report average pain of 4.3/10. One month after treatment, pain levels decrease to an average of 2.8/10, a decrease of 35%.

Overall Shoulder Improvement After Regenexx Procedure



Patients feel their joints are, on average, already 28% better after only 1-month, and continue to improve from there (2).



As evidenced by the Regenexx registry data, the procedures used to manage shoulder pain, like shoulder impingement are very successful at reducing pain and improving function over several years.

If your shoulder pain is keeping you from doing what you love, and you have tried other therapies and still aren't getting the results you want, come and let us take a look at your case and see if regenerative medicine might be a great option for your goals.

References:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6237382/>
- <https://regenexx.com/results/>
- <https://www.mercy.com/health-care-services/orthopedics-sports-medicine-spine/specialties/shoulder-upper-arm/treatments/acromioplasty#:~:text=What%20is%20acromioplasty%3F,for%20your%20muscles%20to%20relax.>
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At Regenexx at New Regeneration Orthopedics, one of our Core Values is "Patient Above All Else"



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TECH-FORWARD PHYSICAL THERAPY CLINIC REVOLUTIONIZES CARE FOR MILITARY SERVICE MEMBERS IN TAMPA, FLORIDA

Summer is the time of year that many military personnel are transferred to new posts, like the local MacDill Airforce Base and the Clearwater Coast Guard Station. Amidst the whirlwind of settling into new environments, many service members are also setting up new medical care providers, including physical therapy services.

At Competitive Edge Performance (CEP), a next-gen physical therapy provider in Tampa, the same elite training and rehabilitation programs used by professional athletes are now readily available to all active duty and retired military personnel right here in the Tampa Bay region.

For years, CEP has partnered with military, first responders, professional athletes and more to transform physical therapy and empower our community through tech-forward approaches to recovery.

A Shared Commitment to Athletes and Military Personnel

Physical training is fundamental to both professional athletes and military service members alike. Each of these careers requires a high-level of demand on the body and sustaining an injury can put them out of duty for weeks, if not months.

Jason Waz, founder of CEP and NeuPTtech, understands injury rehabilitation and athletic recovery. He's worked as a physical therapist for 27 years, in large part with high-profile athletes and military personnel stationed at MacDill Air Force Base.

Waz commented on CEP's simple philosophy,

"We want to provide the same level of service and attention to our military as the most renowned sports teams receive."

CEP is committed to serving those who selflessly serve others. At his physical therapy clinic in Tampa, he has not only helped train the staff at his clinic, but also educates thousands of other physical therapists through his separate PT technology company, NeuPTtech, which helps thousands of physical

therapists all over the nation introduce cutting-edge technology to their clinics to deliver faster, better outcomes for patients.

Empowering Recovery Through Revolutionary PT Technologies

CEP, along with NeuPTtech, lead the way in researching, testing and implementing physical therapy technology for advanced programs and outcomes. Here are a couple examples of popular devices that are currently being used to treat patients, from pro athletes to our dedicated service members:

Regenerating Muscles Using New, Next-Gen E-Stim Devices

Among the groundbreaking innovations that CEP offers is the NEUBIE system. This device uses the power of neuromuscular electrical stimulation to expedite muscle recovery and improve strength gains. By delivering electrical signals to targeted muscles, the NEUBIE works on stimulating the nervous system to enable muscles to contract and engage in a way that mimics natural movement patterns.

The NEUBIE not only accelerates muscle recovery after an injury, it also re-trains how the brain engages muscles. For example, if you have trouble contracting your chest muscles during a pushup, the NEUBIE can help the brain stimulate a chest muscle contraction so you can train more effectively.

From the Los Angeles Dodgers to the Tampa Bay Buccaneers, many professional athletes use the NEUBIE to recover, return to play and sustain peak performance. By leveraging the NEUBIE's neuromuscular re-education technique, physical therapists at CEP are helping military professionals achieve similar results in athletic recovery.

Combat Fatigue and Stress with Heart Rate Variability Assessments

In addition to the NEUBIE system, CEP and NeuPTtech integrate Heart Rate Variability (HRV) monitoring into their treatment approach. HRV monitoring is a non-invasive technique that assesses the subtle variations in between your heartbeats. Research from the *Manual Therapy, Posturology & Rehabilitation Journal* has shown that HRV is a powerful indicator of your overall health and response to stress.

Low HRV is often associated with heightened states of stress, fatigue and longer recovery times. On the other hand, high HRV is indicative of a well-functioning nervous system, reflecting a state of relaxation, readiness and faster recovery times.

PRO SPORTS TEAMS AND UNIVERSITIES:

The Neufit, a revolutionary neuromuscular electrical stimulation device, has been making waves in the world of professional sports and universities. With its ability to enhance athletic performance, speed up recovery, and prevent injuries, it's no wonder that more and more teams and universities are turning to the Neufit.

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By analyzing HRV patterns, therapists at CEP can gain valuable insights into an individual's readiness for rehabilitation. They can identify if the individual is experiencing excessive stress, fatigue and analyze how their body is responding to recovery.

While professional athletes and the biohacking community have been using HRV for many years, the integration of HRV monitoring in physical therapy is relatively new. However, there are numerous studies that have demonstrated the association between HRV and optimal health. By leveraging HRV as a valuable assessment tool, CEP and NeuPTtech are at the forefront of utilizing evidence-based practices in physical therapy.

Evolving Physical Therapy and Upleveling Outcomes

These advanced technologies, previously exclusive to professional athletes, are now accessible to military service members, ensuring faster and stronger recoveries.

Here's what you can expect as a result after just one session at CEP, as told by a service member from MacDill Air Force base, *"The treatment I received was a game changer. I thought for sure I would need surgery on my shoulder, but after my treatment with CEP, I was back to pain-free movement. I've visited several physical therapy offices during my tenure in the military, and CEP is by far the best."*

CEP is not just military personnel, either. Many Tampa locals flock to CEP for their knowledgeable experience and efficient care. One patient commented on their recent experience at CEP saying, *"You guys are the best! I think your overall best attribute is that you listen to the patient and then try to figure out what is the best treatment for the desired outcome."*

The Epicenter of Physical Therapy Innovation

CEP and NeuPTtech stand at the forefront of physical therapy innovation, spearheading advancements that improve patient outcomes. By harnessing state-of-the-art technologies, CEP has become an epicenter of innovation in the field.

Now, the extraordinary expertise and tools that fuel professional sports teams' success are available to anyone thanks to CEP and NeuPTtech.

As military service members embark on their new posts this summer, they deserve nothing short of the highest level of care. Thanks to the pioneering collaboration between CEP and NeuPTtech, the gap between professional athletes and military personnel in terms of physical therapy expertise is being bridged. By harnessing advanced technologies and a commitment to exceptional patient care, CEP is transforming the lives of those who serve.

CONTACT US TODAY FOR ASSISTANCE

We Are In-Network Tricare Providers - Call Now!

If you are a military service member in the Tampa Bay region or Clearwater and have questions about how to get referred to CEP or wish to tour the facility, contact us at **(813) 849-0150** or visit **goceppro.com** to request an appointment. Get ready to discover the power of physical therapy innovation and join the elite ranks of those who experience the extraordinary at Competitive Edge Performance.



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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.

Vaginal Atrophy and Menopause

By Parveen Vahora, M.D.

During menopause, a woman's body undergoes hormonal changes. The ovaries gradually produce fewer hormones, particularly estrogen and progesterone, responsible for regulating the menstrual cycle and supporting fertility. As a result, menstruation becomes irregular and eventually ceases altogether.

Atrophy, in a medical context, refers to the shrinking or wasting away of tissue, usually due to a decrease in cell size or number. In the case of menopause, atrophy commonly affects the tissues of the genitourinary system, which includes the reproductive and urinary organs.

During menopause, a natural biological process that occurs in women usually between the ages of 45 and 55, there is a significant decrease in the production of estrogen and progesterone hormones by the ovaries. These hormonal changes can lead to various symptoms, including genitourinary symptoms related to atrophy.

Genitourinary symptoms of menopause often include vaginal dryness, vaginal atrophy and urinary symptoms: Some women may experience changes in urinary function, such as increased frequency of urination, urgency, or urinary incontinence.

These genitourinary symptoms can significantly impact women's health and quality of life. They can cause physical discomfort, affect sexual satisfaction and intimacy, and contribute to emotional distress or decreased self-esteem. Additionally, the symptoms of genitourinary atrophy may increase the risk of urinary tract infections (UTIs) due to changes in the pH balance and thinning of the urethral tissues.

Fortunately, treatment options are available to manage these symptoms and improve women's health during menopause. Your healthcare provider may recommend:

1. Vaginal moisturizers and lubricants: These over-the-counter products can temporarily relieve vaginal dryness and discomfort during sexual activity.

2. Local estrogen therapy: This involves using low-dose estrogen in the form of creams, tablets, or vaginal rings, directly applied to the vaginal area. This helps restore the natural moisture and elasticity of the vaginal tissues, reducing symptoms.

3. Systemic hormone therapy: In some cases, systemic hormone therapy, which involves taking estrogen and progesterone hormones orally or through patches, may be prescribed to alleviate multiple menopausal symptoms, including genitourinary symptoms. However, hormone therapy has potential risks and should be carefully discussed with your healthcare provider.

4. Lifestyle changes: Adopting healthy habits such as regular exercise, a balanced diet, and staying adequately hydrated can support overall health and potentially improve genitourinary symptoms.

5. 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, making it 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.

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DR. PARVEEN S. VAHORA, MD, FACOG:

Our practice's mission is to inspire women to live their best life by providing compassionate and personalized care. We do everything we can to make you feel as comfortable as possible. For all your women's health needs, we are here by your side through all phases of life.

Our gynecologist's office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care: educating them on conditions, treatment options, and preventive measures. Our focus is on sexual health. We are proud to offer the MonaLisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we have got you covered.



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ParveenVahoraMD.com

How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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 & 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 Neuro-modulation 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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Emsella - Technology to Get YOU Back to YOU

BY DR. ROBERT LUPO, D.C.

Emsella for Men

The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum, and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation.

Men can suffer from incontinence associated with pelvic floor weakness. Many factors can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other prostate cancer treatments can contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

EMSELLA treatment sessions are quick and discreet. The sessions are only about 30 minutes long and allow you to remain fully clothed while you are seated in the BTL Emsella treatment chair. There is no downtime needed after Emsella sessions, normal activities can be resumed immediately after the appointment. Emsella for men is the perfect option for those suffering from any form of urinary incontinence looking to regain control of the pelvic muscle and bladder.

Emsella sessions are non-invasive and allow patients to remain fully clothed throughout the entire session. Emsella harnesses the power of focused electromagnetic technology to stimulate the entire male pelvic floor muscle. As a result, patients attain greater neuromuscular control over the pelvic muscle. Emsella also treats Erectile Dysfunction by increasing penile rigidity and hardness as well as increasing control over time until ejaculation. Emsella patients can also expect to experience enhanced orgasms because of their Emsella treatments.

A full treatment lasts six sessions, spread over three weeks with two sessions a week. Each visit can cost around \$250 and lasts about 28 minutes. They involve thousands of stimulated contractions and should only cause tingling and sensations of pelvic floor contraction. We recommend one session every 1-2 months after the initial 6-session protocol.

Emsella for Women

Many women do find they may experience incontinence or urinary leakage either during pregnancy or after childbirth. Urinary leakage during pregnancy is often caused by the weight of the baby pressing on the bladder which can put pressure on the pelvic floor muscles and can result in the symptoms of stress incontinence. Childbirth can also affect the pelvic floor muscles, especially with vaginal birth as this can put a strain on the pelvic floor and weaken the muscles. This can make it difficult to control your bladder. Half of the women can experience changes in continence following childbirth. Post-partum pelvic restoration doesn't happen overnight. Every OBGYN will tell you that Kegel exercises are necessary after childbirth to repair the damage childbirth causes to the pelvic floor. Emsella harnesses the power of high-intensity focused electromagnetic (HIFEM) technology, which stimulates the entire pelvic floor at once. A single session provides over 11,800 supramaximal pelvic floor contractions. Read that again. Over eleven thousand Kegels in less than 30 minutes.

Research has found that 95% of those treated reported significant improvement in their quality of life following six 28-minute treatments with Emsella. Most clients either no longer require the use of hygienic pads, or significantly reduced their use of pads in their day-to-day life. We recommend allowing at least 3 months before starting Emsella treatment following childbirth via C-Section and allowing 10 weeks post-natural birth. Emsella is a great prevention treatment for women who are considering starting a family. Having a strong pelvic floor is recommended to help withstand the extra weight and pressure of pregnancy. A stronger core is said to help with a faster delivery too.

You can expect a welcoming, friendly environment at Physical Medicine Center, Inc with a staff who truly cares about your progress. Our goal is your improved quality of life- that's why our comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about our natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo is the clinic director at the 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 in an auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness and balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women, Gainswave for erectile dysfunction and nutritional IV treatments.

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.

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Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

Hyperbaric oxygen therapy (HBOT) 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 healing processes and assists in the recovery from numerous indications.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.¹

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 at the person's personal discretion. 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.

References:

1. Z Ding, *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review*, *Interv Neurol*. 2014 Aug; 2(4):201-211.



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.

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.

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com

Protect Your Skin from the Sun

Information provided by Freedom Health Inc.

Florida is the Sunshine State and we are lucky to enjoy sunny weather year-round. Healthy skin is not the one that looks tanned. On the contrary, it is the skin that is more protected from the damaging UV rays. Enjoy our beautiful beaches, springs, and state parks while protecting from the sun. Pay attention to changes in your skin and talk to your doctor.

The American Academy of Dermatology has declared skin cancer as the most common cancer in the United States. One in five Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day. When found early is highly treatable.

What can you do to protect your skin?

Exposure to the sun's potent UV rays is the most preventable risk factor for skin cancer. Protect your skin by:

- Seeking shade.
- Wearing a wide-brim hat that covers your ears and neck area.
- Wearing sunglasses.
- Wearing sun-protective clothing, like the ones made for fishermen.
- Applying sunscreen to all your skin not covered by clothing.
- Applying sunscreen to dry skin 15 to 30 minutes before going outdoors.
- Never use tanning beds or sunlamps.

Sunscreen is one of the main elements to avoid sun damage. We understand that buying sunscreen can be confusing, there are several options in the market at different price ranges with and without tint or fragrance. Keep in mind these 2 main types of sunscreens:

- **Physical Sunscreen:** This sunscreen works like a shield; it sits on the surface of your skin, deflecting the sun's rays. Look for the active ingredients zinc oxide and/or titanium dioxide. Opt for this sunscreen if you have sensitive skin. It is also known as mineral sunscreen.
- **Chemical sunscreen:** This sunscreen works as a sponge, absorbing the sun's rays. Look for one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. This formulation tends to be easier to rub into the skin without leaving a white residue.

If it's broad-spectrum, water-resistant, and has an SPF of 30 or higher, it can effectively protect you from the sun.

Keep in mind that the American Academy of Dermatology recommends choosing a sunscreen that says:

- **Broad Spectrum-** This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- **SPF 30 or Higher-** How well a sunscreen protects you from sunburn.
- **Water resistant or very water resistant-** For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.

Remember: Make sure you reapply it every two hours, or after swimming or sweating.

Hint: One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body. For Medicare beneficiaries, check with your plan if sunscreen lotion is included in your over-the-counter items benefit. For Freedom Health members: check out our plan over-the-counter items catalog to order a sunscreen lotion. For more information check at www.FreedomHealth.com or call the number on the back of your ID card.

Check your own skin.

People of all colors, including those with brown and black skin, get skin cancer. Even if you never sunburn, you can get skin cancer. *According to the American Academy of Dermatology, people with dark complexions are less likely to get cancer than those with lighter complexions.* Performing monthly skin self-exams can help you find cancer early when a cure is likely.

Do a full body exam of your skin using a full-length mirror and a partner or a handheld mirror every month. Look at your skin from head to toe by examining hard-to-see areas like the top of your head and back. Check places that get little sun like the bottoms of your feet, toenails, lower legs, groin, and buttocks. If you have questions about areas on your skin that have changed appearance, please talk to your doctor.

Source of information: American Academy of Dermatology



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FreedomHealth.com

Alzheimer's Disease & Brain Health

By now, most of us have heard the horrifying statistics that nearly 6 million Americans have Alzheimer's disease or other forms of dementia, and that number is expected to triple by 2050. However, many people don't realize that out of that staggering number, most of the individuals are women. To make it resonate even further, about 3.6 million are women.

The reasons for this ratio are not concrete, but many researchers attribute it to lifestyle factors such as stress and hormonal imbalance. It is becoming better known that genetics may play a role in the disease, as well as toxins, chemical exposure, and lifestyle choices (diet and sedentary lifestyle), but there are things you can do to stave off the progression and onset of the condition.

Alzheimer's Disease is not curable with medications. Some drugs are thought to deter the progression of the disease, but now, research is showing that it might not be an optimal treatment long term as the plaque that forms may be more of a protective measure. Taking matters into your own hands and living a healthy lifestyle are essential tools, and the earlier you start, the better.

Interventional Research

A few years ago, a cognitive study incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets, and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

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

The study concluded that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and lower metabolic risk factors.



Diet

All diets should be customized to each person's needs, but it's apparent that diets high in sugar and processed carbohydrates are contributing to neurodegenerative disease states by increasing inflammation in the brain and body. Eating a diet rich in healthy fats, fish, vegetables, and berries is optimal. Limiting alcohol consumption is also very important for brain health. It is well documented that alcohol shrinks the brain.

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

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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com.



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