

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

July 2023

St. Petersburg/St. Pete Beach Edition - Monthly

www.healthandwellnessFL.com

FREE 

A QUARTER-CENTURY OF SERVING WEST CENTRAL FLORIDA

See Page 6

WHAT IS ACROMIOPLASTY?

See Page 8

TECH-FORWARD PHYSICAL THERAPY CLINIC REVOLUTIONIZES

Care for Military Service Members in Tampa, FL

See Page 10

VAGINAL ATROPHY & MENOPAUSE

See Page 12



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



Extraordinary care isn't the exception. It's what we provide every day.

At St. Anthony's Hospital, you get personalized, quality health care from a compassionate, experienced team. One of BayCare's founding hospitals, we have the support of the entire BayCare network, which means a hospital and health care system that's dedicated to improving the health of our community. St. Anthony's Hospital is considered a center of excellence, with comprehensive cancer services, neurosciences, orthopedics, bariatrics and cardiovascular care. We do our best to give you the extraordinary care you deserve.

Learn more: StAnthonys.org



FOR ALL YOUR PHYSICAL THERAPY NEEDS
PROUDLY TREATING MILITARY MEMBERS SINCE OPENING IN 2005



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

Optimal Health Screening

**ALL SERVICES AVAILABLE TO SERVICE
MEMBERS REFERRED TO CEP**

WESTCHASE
13817 W. Hillsborough Ave.
Tampa, FL 33635

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

813.849.0150

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 8.



SCAN ME

CONTENTS

JULY 2023

- 6 A Quarter-Century of Serving West Central Florida
- 8 What is Acromioplasty?
- 10 Tech-Forward Physical Therapy Clinic Revolutionizes Care for Military Service Members in Tampa, Florida
- 12 Vaginal Atrophy and Menopause
- 13 How Nancy Went from Excruciating Neck Pain All Day, Everyday to No Pain!
- 14 Alzheimer's Disease & Brain Health
- 15 Spiritual Wellness: Failure is a Part of Growth

CONTACT US

OWNER / ACCOUNT EXECUTIVE

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

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

St. Petersburg/St. Pete Beach 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 SouthTampa Health & Wellness Magazine in most grocery and convenience stores as well.

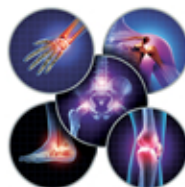
To get your article published and for ad rates, call
St. Petersburg/St. Pete Beach
Bob Guckenberger - 727.515.2353

©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

email: 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

www.ParveenVahoraMD.com

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

ADVANCED AND INDIVIDUALIZED CARE

A Quarter-Century of Serving West Central Florida

BayCare, West Central Florida's leading, not-for-profit health care system, celebrated 25 years in 2022, a remarkable testament to the vision a small group of local hospitals embraced in 1997 to ensure that not-for-profit health care would remain strong in Tampa Bay.

BayCare's 25th year was a true validation, as documented in the health system's newest edition of its annual Report to the Community, which can be found at [BayCare.org/AnnualReport](https://www.baycare.org/AnnualReport).

For the fourth year, BayCare was recognized as among the nation's top health care systems in all the ways that matter for the region that relies on the community-owned system: clinical outcomes, patient experience, operational efficiency, financial health and contributions to the community.

The health system also was recognized again by local and national reviews as a high-quality employer, something also important for a region where BayCare is among the largest private employers.

"BayCare has worked because we all have focused on our shared values, not the least of which is a deep, shared passion for compassionate care for all," said Sister Pat Shirley, OSF, Franciscan Sisters of Allegany and a BayCare trustee.

The new Report to the Community provides a window into what that work meant in 2022. BayCare weathered the waning impact of the COVID-19 pandemic even as it advanced the region's health care through embracing new opportunities with digital health; through designing protocols for better patient outcomes and efficiency; by deepening its commitment to treating the whole person; by investing more in communities' health needs; and by continuing its long tradition as one of the region's best employers.



Construction progressed on a replacement facility for one of BayCare's founding member hospitals, South Florida Baptist Hospital in Plant City, as did finishing touches on its 16th hospital, BayCare Hospital Wesley Chapel, which opened in March 2023.

BayCare welcomed a new president and CEO, Stephanie Conners, in 2022, as Tommy Inzina, who led BayCare as president and CEO for six years, retired.

Conners, who began her career as a nurse, said, "I'm committed to ensuring that BayCare remains the Best Place to Work, the Best Place to Practice and the Best Place to Receive Care."

BayCare is West Central Florida's largest provider of pediatric and behavioral health services, and its provider group, BayCare Medical Group, is one

of the largest in the region. BayCare's diverse network of ambulatory services includes laboratories, imaging, surgery centers, BayCare Urgent Care locations, wellness centers and one of Florida's largest home care agencies, BayCare HomeCare. Its Medicare Advantage insurance plan, BayCarePlus®, serves more than 13,000 people.

All this progress and service to the community wouldn't be possible without more than 30,000 team members and the support of community physicians and advanced care providers. With their talents and commitment to patients, BayCare will continue to deliver on its mission to improve the health of all it serves.



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?

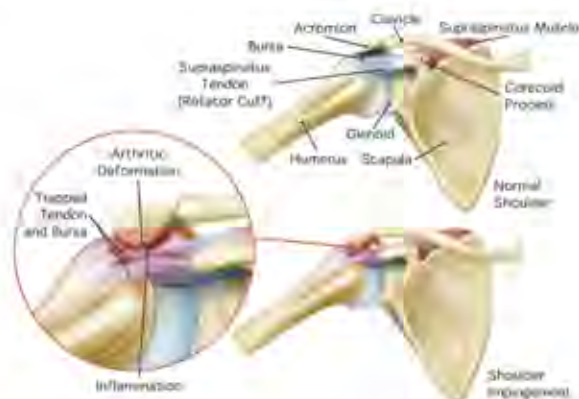
By Regenexx at New Regeneration Orthopedics

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.

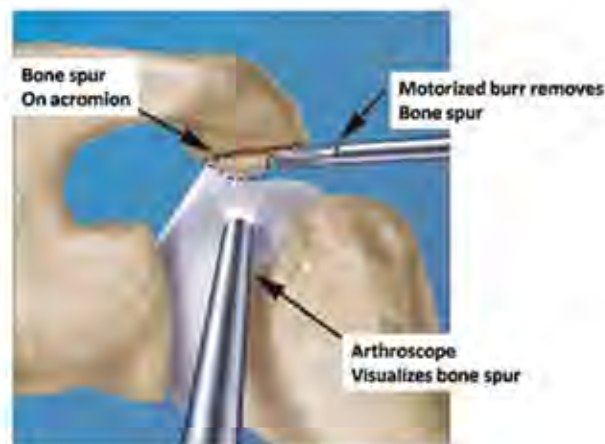


In shoulder impingement, some combination of inflammation, mechanics, and history of injury could lead to a narrowing of the space where tissues travel. Occasionally, the acromion itself becomes arthritic from repetitive aberrations to shoulder mechanics.

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).

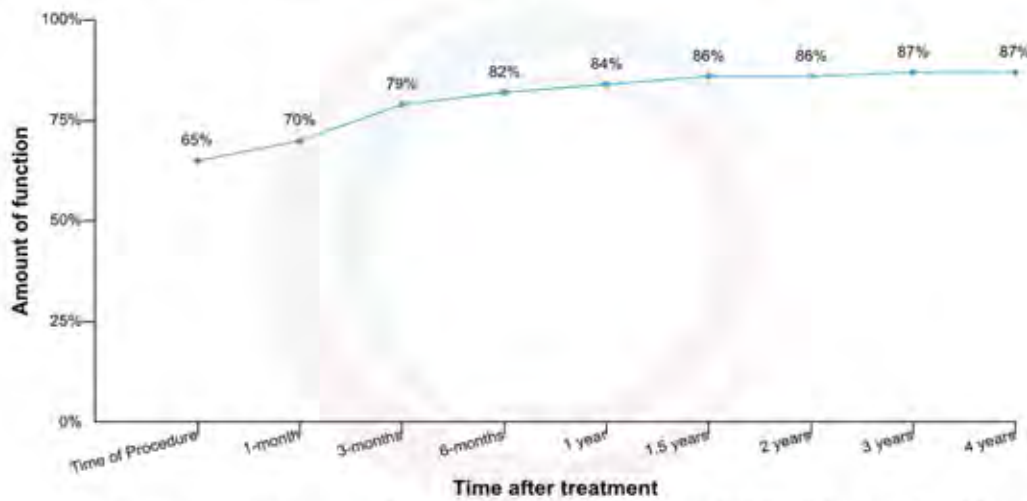
Arbitrarily, it seems, the patients who received the acromioplasty noted improvement at the 12 month mark but not at 6 months post-op nor at their final evaluation. The result of this study is that this is not clinically significant data in favor of acromioplasty and suggest further studies are needed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

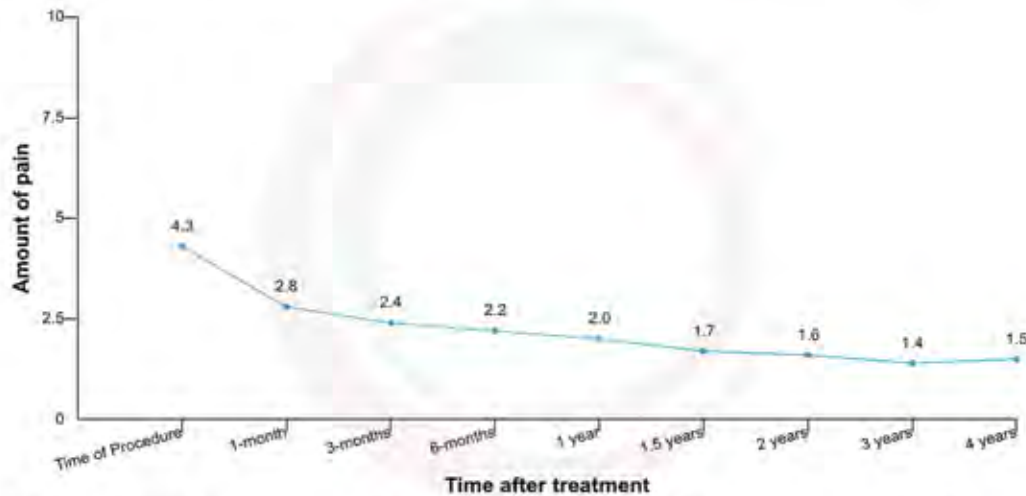
To get an idea of the success rate of shoulders treated with regenerative medicine at Regenexx, there are 2636 (and counting) cases of shoulder pain being tracked long-term in the Regenexx Patient Registry. In the registry data, the patients are surveyed at regular intervals about their perceived function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

Shoulder Function Improvement After Regenexx Procedure



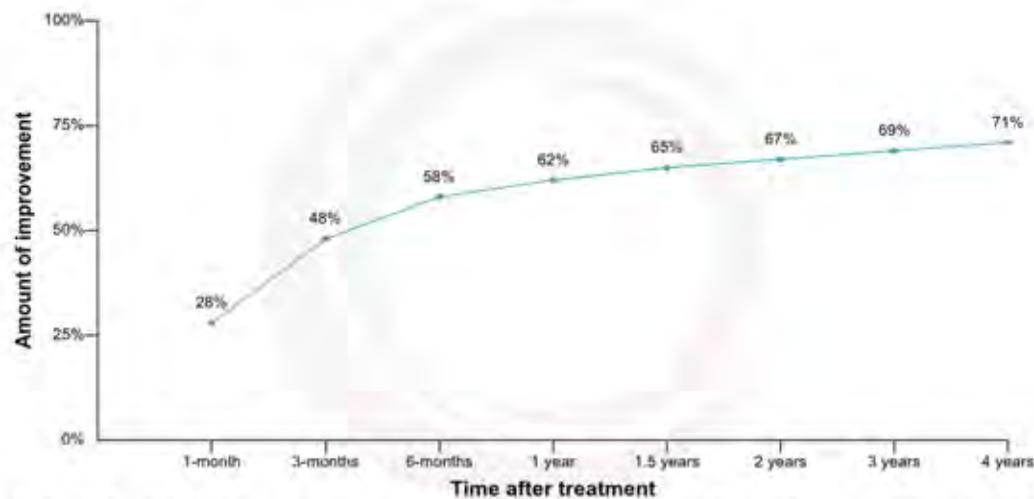
Prior to treatment, patients report being limited to an average of 65% of their optimal function. After receiving treatment, they report averages up to 87% (2).

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.>
- Image Credit: Canva



James Leiber, DO | Ron Torrance II, DO FAOASM
Ignatios Papas, DO | Lisa Valastro, DO

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



813-493-9971

NEWREGENORTHO.COM

5630 Marquesas Circle, Sarasota
8600 Hidden River Parkway, Tampa
100 2nd Avenue South, St. Petersburg
1412 Trovillion Avenue, Winter Park

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.

neufit

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.

<div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">MLB</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> CHICAGO CUBS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> WASHINGTON NATIONALS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> LA DODGERS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> LA ANGELS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> PITTSBURGH PIRATES </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> BOSTON RED SOX </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> PHILADELPHIA PHILLIES </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> TAMPA BAY RAYS </div> <div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">MLS</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> AUSTIN FC </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> COLUMBUS CREW </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> ST. LOUIS CITY SC </div> <div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">NHL</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> SAN JOSE SHARKS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> NEW JERSEY DEVILS </div>	<div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">NFL</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> WASHINGTON FOOTBALL TEAM </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> CAROLINA PANTHERS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> NY JETS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> TAMPA BAY BUCCANEERS </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> SEATTLE SEAHAWKS </div> <div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">NBA</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> LA CLIPPERS </div> <div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">UNIVERSITIES</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> UNIVERSITY OF TEXAS </div> <div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">ML</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> OHIO STATE </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> TEXAS CHRISTIAN UNIVERSITY </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> GEORGIA TECH </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> UNIVERSITY OF SOUTH FLORIDA </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> YOUNGSTOWN STATE </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> WEST VIRGINIA UNIVERSITY </div>	<div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">PT PROGRAMS</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> FAULKNER UNIVERSITY </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> LOMA LINDA UNIVERSITY </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> FURT'S UNIVERSITY </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> ITHACA COLLEGE </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> OHIO UNIVERSITY </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> ST. AUGUSTINE </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> TEXAS STATE UNIVERSITY </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> NORTHEASTERN UNIVERSITY </div> <div style="background-color: #008000; color: white; padding: 2px; border-radius: 5px; font-weight: bold; font-size: 0.8em;">PTA PROGRAMS</div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> GATEWAY COMMUNITY COLLEGE </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> ST. PHILIPS COLLEGE </div> <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 5px; display: flex; align-items: center; justify-content: center;"> CHAFFEY COLLEGE </div>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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.



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.

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.

AFFIRM

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

GYN VIP

Introducing our exclusive GYN VIP, Rewards Program, designed to enhance your journey to beauty and wellness! As a valued member, you'll unlock a host of benefits and indulgent perks tailored just for you. Earn treatments, with every visit, and watch your rewards accumulate towards exciting offerings. Enjoy VIP access to the latest advancements in skincare, rejuvenating treatments, and luxurious spa experiences. Pamper yourself with discounted services, complimentary upgrades, and priority bookings. Plus, gain insider access to exclusive memberships, stay on top of the latest trends and techniques. Join GYN VIP today and embark on a path to extraordinary self-care, where the more you invest, the more you'll be rewarded. Let us be your trusted partner on your journey to radiance and well-being.



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.



GYN VIP

<https://gyn.repeatmd.com/>

Trinity Office:

9332 State Road 54, Suite 403, Trinity, FL 34655

727.376.1536

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

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org

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

AL#10546, 9439, 10175, 10612, 10316



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.



THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOSM



IGNATIOS PAPPAS, 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

5630 Marquesas Circle
Sarasota, FL 34233

Orlando

1412 Trovillion Avenue
Winter Park, FL 32789

(727) 250-5491 | NEWREGENORTHO.COM