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July 2023

South Tampa Edition - Monthly

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GO BEYOND THEM
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APPEARANCE UNTIL I HAVE SEEN HOW HIGH HE BOUNCES WHEN

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

See Page 8

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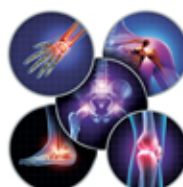
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ADVANCED AND INDIVIDUALIZED CARE

St. Joseph's Hospital Named One of the Nation's 50 Top Cardiovascular Hospitals by Fortune and PINC AI

Today, St. Joseph's Hospital was named one of the nation's 50 Top Cardiovascular Hospitals™ according to an independent quality analysis provided by PINC AI™ and reported by Fortune. This is the fifth time and the third consecutive year St. Joseph's has made this prestigious list.

St. Joseph's Hospital, part of BayCare Health System, is the only Tampa Bay-area hospital to make the list, having demonstrated significantly higher survival rates associated with cardiac care, with fewer readmissions and complications. To select top performers, an objective, independent, quantitative research analysis was performed using publicly available data measuring cardiac care in the United States.

"At St. Joseph's Hospital, we continually pursue clinical excellence provided by compassionate caregivers," said Kimberly Guy, co-chief operating officer of BayCare. "Our selection as a Top 50 Cardiovascular Hospital validates our team's efforts and strengthens our reputation as a cardiovascular leader not only in the Tampa Bay area but also in the nation."

50 Top Cardiovascular Hospitals™ program performance

This year, the 50 Top Cardiovascular Hospitals™ program winners had better results on indicators intended to measure clinical outcomes, operational efficiency, financial performance and patient experience. Compared to a peer group of non-winning cardiovascular hospitals, this year's winners had:

- Significantly higher inpatient survival rates (19.0 to 40.6% higher).
- Fewer patients with complications (13.2 to 15.4% fewer complications).
- Higher 30-day survival rates for acute myocardial infarction (AMI), heart failure (HF) and coronary artery bypass grafting (CABG) patients (0.4 to 0.9 percentage points higher).
- Lower 30-day readmission rates for AMI, HF, and CABG patients (0.5 to 1.0 percentage points lower).
- Average lengths of stay (ALOS) varied between patient groups from 0.6 (AMI, HF, PCI) to 0.8 (CABG) shorter length of stay.



Surgical Tech Patrick O'Connor (left) assists Cardiothoracic Surgeon Michael Bradner, MD, prepare for surgery at St. Joseph's Hospital, a 2023 PINC AI Top Cardiovascular Hospital.

- \$860 to \$5,076 less in total costs per patient case (the smallest dollar amount difference was for HF, and the largest was for CABG).
- Lower average 30-day episode of care payments for AMI and HF (\$1,493 and \$781 less per episode, respectively).
- Patients had a better experience at benchmark hospitals compared to peer hospitals, with a top-box HCAHPS score of 75% versus 70%.

"Heart disease remains the leading cause of death for all Americans, resulting in nearly 700,000 deaths and \$229 billion in added costs each year," said Leigh Anderson, Premier's President of Performance Services and the leader of PINC AI™. "Given the life and death nature of this condition, patients and their loved ones need credible information to help them determine where to go for the best possible care. This objective, data-driven study proves that St. Joseph's Hospital in Tampa excels across a range of core performance indicators, which directly leads to significantly higher survival rates associated with cardiac care, with fewer readmissions and complications."

St. Joseph's Hospital nationally renowned Heart and Vascular Institute continues to grow in size and reputation, while providing exceptional patient experiences. Each year, the hospital performs more

than 500 open-heart surgeries, 600 interventional procedures, 900 diagnostic services and 11,500 diagnostic tests. It has received the highest rating from the Society of Thoracic Surgeons for five consecutive years.

"I am grateful for our team members and physicians whose extraordinary work has earned national recognition for a third consecutive year," Guy said. "We want our community to know that when heart patients come through our doors, they will always receive high-quality, compassionate care from our multidisciplinary team of cardiac professionals."

In July, St. Joseph's Hospital was named among the nation's 100 Top Hospitals by Fortune/Merative® (now Premier Inc.) for the fifth consecutive time and sixth time overall. In addition, BayCare Health System, which includes St. Joseph's Hospital as one of its 16 hospitals, was recognized by Fortune/Merative® for being in the top 20% of large health systems in the country. This is the fourth year in a row that BayCare has been recognized with this honor.

 **St. Joseph's
Hospital**
BayCare Health System
StJosephsHeart.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

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 Neubie, 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 Neubie.

MLB	NFL	PT PROGRAMS
CHICAGO CUBS	WASHINGTON FOOTBALL TEAM	FAULKNER UNIVERSITY
WASHINGTON NATIONALS	CAROLINA PANTHERS	LOMA LINDA UNIVERSITY
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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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WHAT IS ACROMIOPLASTY?

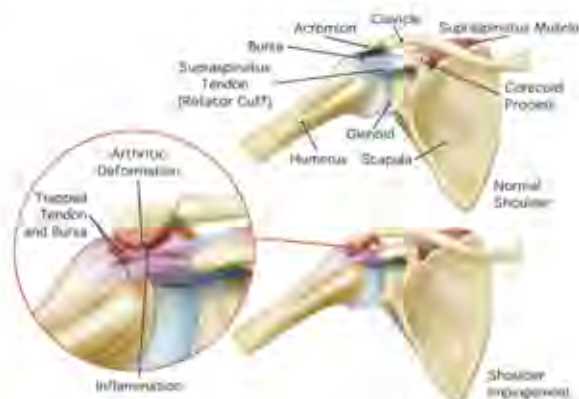
By Regenxx at New Regeneration Orthopedics

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.

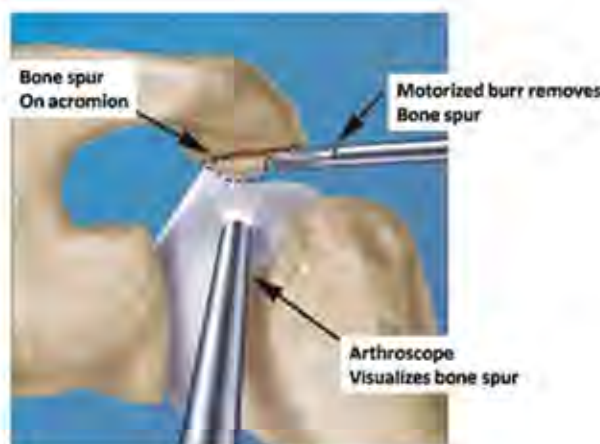


In shoulder impingement, some combination of inflammation, mechanics, and history of injury could lead to a narrowing of the space where tissues travel. Occasionally, the acromion itself becomes arthritic from repetitive aberrations to shoulder mechanics.

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).

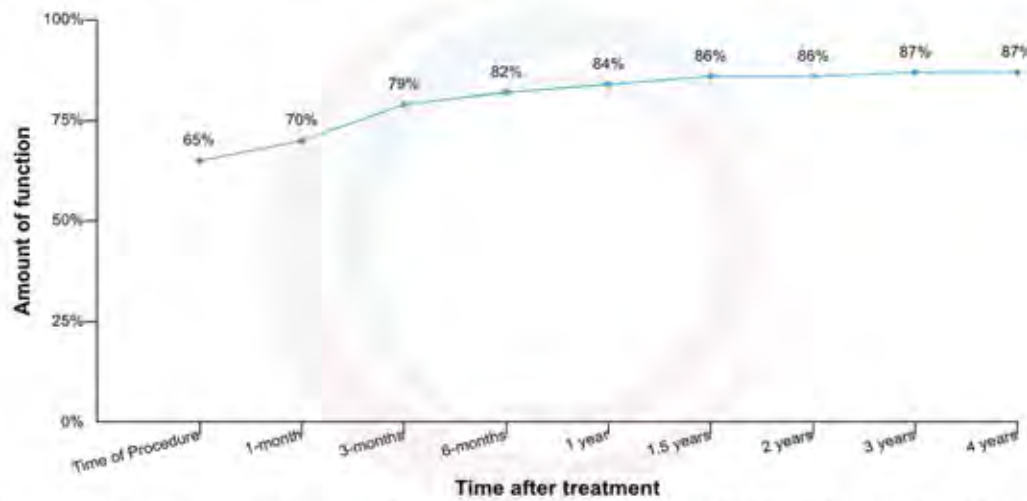
Arbitrarily, it seems, the patients who received the acromioplasty noted improvement at the 12 month mark but not at 6 months post-op nor at their final evaluation. The result of this study is that this is not clinically significant data in favor of acromioplasty and suggest further studies are needed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

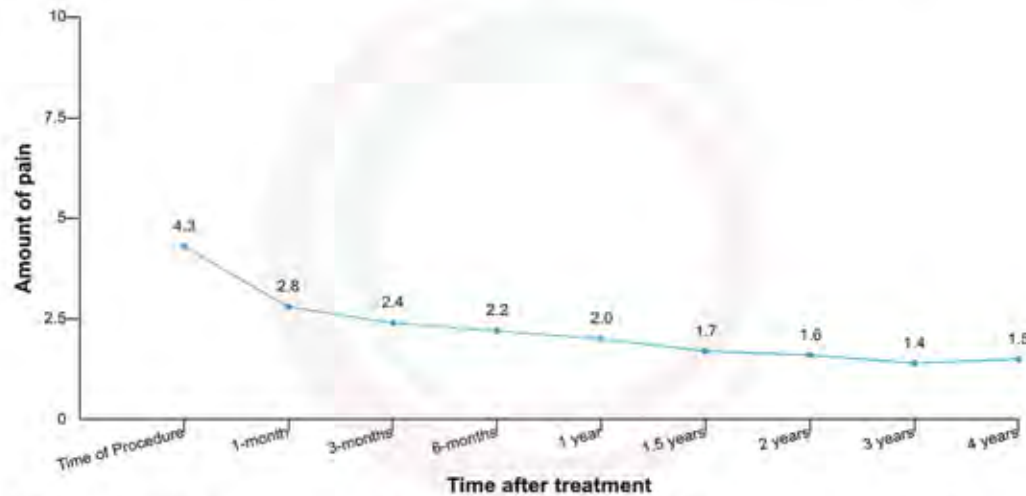
To get an idea of the success rate of shoulders treated with regenerative medicine at Regenxx, there are 2636 (and counting) cases of shoulder pain being tracked long-term in the Regenxx Patient Registry. In the registry data, the patients are surveyed at regular intervals about their perceived function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



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.

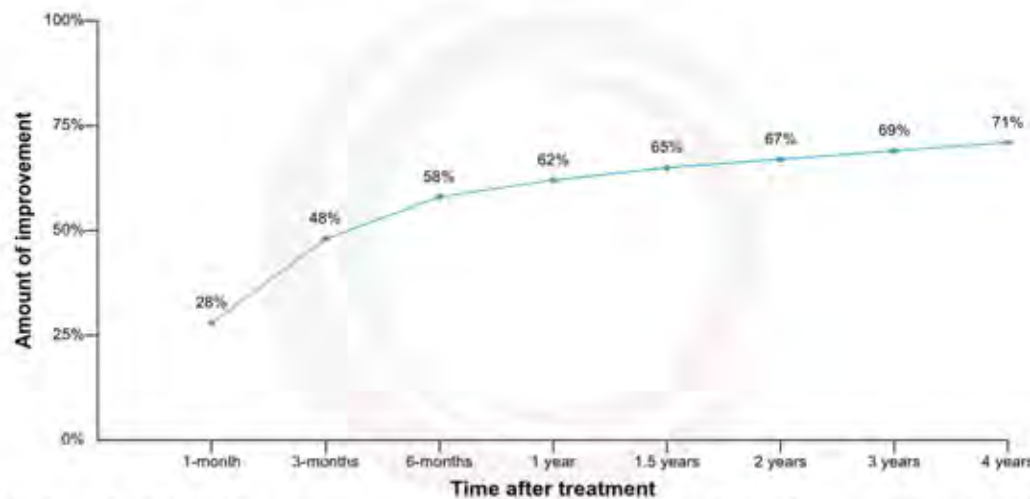
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- 4 Image Credit: Canva



James Leiber, DO | Ron Torrance II, DO FAOASM
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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).

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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

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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.



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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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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.

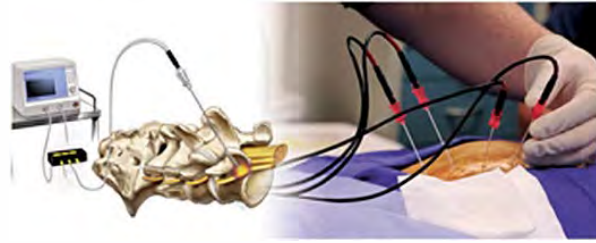
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are 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 Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013).

Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Spine & Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).

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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.



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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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