

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

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FREE 

BEYOND CORTISONE SHOTS AND IBUPROFEN

Options for Treating
Joint Pain and Keeping
Moving

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Beyond Cortisone Shots and Ibuprofen – Options for Treating Joint Pain and Keeping Moving

Dr. Kevin Elder, Sports Medicine Physician, and his BayCare Sports Medicine South Tampa team want to keep you moving, playing hard, and getting the most out of your body. Health and Wellness Magazine sat down with Dr. Elder to discuss Natural Anti-Inflammatories, Heat and Ice, Physical Therapy, Acupuncture, CBD options, and the newest treatment of Orthobiologic Injections available to their patients outside of steroid injections, which may cause more harm to joints and tendons.

H&W Magazine: Dr. Elder, tell the readers about your thoughts about using natural supplements to ease joint pain.

Dr. Elder: Well, we all know that end-stage arthritis means a joint replacement. But most patients are outside that category, or may not be ready to take that final step. I believe in science, but I also believe in the power of nature. Some patients can find relief from symptoms with the following options. It's always a starting point, along with heat and ice applications, especially for those who prefer to avoid the known toxicities of chronic anti-inflammatory (NSAID) use.

- Turmeric: 500 mg daily
- Magnesium: 500 mg daily
- Vitamin C: 250 mg daily
- Omega 3 Fatty Acids: 2000 mg daily
- Osteo Bio-Flex, Joint Health Formula: One tablet daily
- Boiron Arnica Montana 30C, Homeopathic Medicine for Muscle Pain, Stiffness, Swelling From Injuries, Bruises: tablets dissolve under the tongue.

There are also good topical options to relieve pain. CBD roll-on creams with 1000 mg of CBD can provide good pain relief. CBD options exist in oral forms, topical joint creams, and roll-on varieties. Some companies make CBD-infused Kinesiology Tape that can be applied to an area and remain in place throughout the day.

SumaForte's SummaTape has National Science Foundation (NSF) certification for its CBD oral supplement. Businesses, regulators and consumers look to NSF to develop public health standards and services that help protect the world's food, water,

consumer products and environment. Unlike other kinesiology tapes, SummaTape also delivers CBD and menthol through the skin, providing a soothing cooling sensation and producing a triple anti-inflammatory effect. The menthol stimulates blood flow in inflamed areas and works with the CBD to accelerate muscle repair and improve circulation to help support and heal injuries. As a disclosure, I am an Advisor and investor with SummaForte.

Boiron is a company that makes fragrance-free cream. Boiron Arnicare Cream may relieve muscle pain, stiffness, and swelling from injuries and bruises. This homeopathic medicine is made from a mountain daisy. Light and unscented, the moisturizing cream is ideal for massaging sore muscles and joints.

Several manufacturers market capsaicin creams. Capsaicin is used to help relieve a specific type of pain known as neuralgia (shooting or burning pain in the nerves). Capsaicin is also used to help relieve minor pain associated with rheumatoid arthritis or muscle sprains and strains. Neuralgia is a pain from the nerves near the surface of your skin. This pain may occur after an infection with herpes zoster (shingles or postherpetic neuralgia). Capsaicin will help relieve the pain of postherpetic neuralgia, but it will not cure the condition.

I'm not suggesting that any particular brand or product is the only choice; there are so many on the market. I will leave you with a few guidelines to consider before purchasing. First, inexpensive products usually contain fillers, and therefore, you end up using more product to get relief. Read the ingredient labels. A pure product is going to cost more initially, but then you use less of it, so it really is the best choice over time. Also, look for products that a third party has tested. Third-party certification means that an independent organization has reviewed the manufacturing process of development and has independently determined that the final product complies with specific standards for safety, quality or performance.

H&W Magazine: Thank you Dr. Elder. That sounds like good advice for purchasing any product. Let's discuss Physical Therapy options now.



Kevin Elder, Sports Medicine Physician

Dr. Elder: Physical therapy and exercise, specifically aerobic exercise and weight training have proven benefits for arthritis pain control. The concept is that weight loss puts less stress on the joints, but also an improved sense of well-being and general functional capacity. Physical therapy can increase muscle tone, which improves functional movement, including tracking of the joints, which puts less stress on the cartilage surfaces. Improved aerobic fitness decreases all cause mortality as proven through many studies.

H&W Magazine: What about orthobiological injections? How do they help with arthritic joints?

Dr. Elder: Orthobiologic injections come in three main forms.

- **Hyaluronic Acid** injections are used to treat knee pain caused by osteoarthritis in patients who have already been treated with pain relievers like the ones we discussed above and/or other treatments that did not work well. They are sometimes covered by insurance. Hyaluronic acid is similar to a substance that occurs naturally in the joints. It works like a lubricant and shock absorber in the joints and helps the joints work properly.

- **Platelet Rich Plasma (PRP)** injections take advantage of the blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone. They are covered by only select insurance plans at present, but their use has exploded due to years of evolving data supporting their use and patient satisfaction with superior pain relief and functional improvement. PRP may help heal tendon injuries, but does not "cure arthritis." When treating osteoarthritis with platelet-rich plasma, a doctor injects PRP directly into the affected joint. The goal is to reduce pain, improve joint function, and slow, halt, or even repair cartilage damage. Platelet-rich plasma is derived from a sample of the patient's own blood. These therapeutic injections contain plasma with a higher concentration of platelets than in normal blood due to the centrifugation process. The platelets cause release of growth factors in the treated area, which is what drives the process.

- The last treatment category is often the most controversial - Bone Marrow Aspirate or Adipose Derived injections- often called "**stem cell**" injections. These injections are derived from the patient's own body (autologous), performed same day, with only minimal manipulation of tissue (only centrifuging to concentrate)- thus meeting specific FDA guidelines for these injections. They contain some mesenchymal stem cells (MSCs) along with some precursor cells, and studies have shown logarithmically higher growth factors than PRP alone. This is an emerging area, with some very exciting results, but there is much study to be done to determine the optimal treatment protocols. These type treatments differ from amniotic, placental, or umbilical derived cell preparations which do not contain live cells and are not permitted by the FDA in the US.

*Any treatment undertaken is a decision to be made accounting for all variables of a patient's particular history and exam, undertaken after review of all available imaging in an individual process. These treatments represent an emerging field of study, and results may vary between individual patients.

Kevin Elder, M.D.

Kevin Elder is a trusted and respected sports medicine specialist caring for the Tampa, Florida, community for the past 20 years. Dr. Elder attended the University of Toledo, where he received his medical degree and completed his family medicine residency and a sports medicine fellowship at Bayfront Medical Center. He is a member of BayCare Medical Group. He is Board Certified in Sports Medicine and Family Medicine by the American Board of Family Medicine. He speaks both English and Spanish. Patients trust Dr. Elder's expertise because he consistently provides high-quality care that leads to positive and lasting health outcomes. He has trained extensively in Musculoskeletal Ultrasound and Regenerative Medicine. He has performed numerous Platelet Rich Plasma (PRP) injections for various musculoskeletal conditions since 2012, and also performs stem cell (BMAC) injections. Dr. Elder is one of the most experienced doctors in the Tampa Bay area performing these procedures under MSK ultrasound guidance and has published articles in national journals on these topics, along with a book: PRP: A Roadmap for Success. He serves as Team Physician for US Soccer (USMNT), US Ski Team, and was Team Physician of the Tampa Bay Buccaneers for 5 years. He also consults for the Tampa Bay Rowdies, Tampa Bay Rays, and Tampa Bay Lightning.



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OLYMPIC-LEVEL TRAINING AND PHYSICAL THERAPY TECHNOLOGY NOW AVAILABLE TO RESIDENTS OF SARASOTA

At Competitive Edge Performance (CEP), a state-of-the-art physical therapy provider from Tampa, FL, the same elite training and rehabilitation programs used by USA Men's Gymnastics Olympic team are now available to all Sarasota residents.

In this groundbreaking partnership with NeuPTtech, Apex Physical Therapy and EVO Athletics and Gymnastics, CEP is expanding its reach southwards, bringing the best athletic recovery technology to the community of Sarasota, Florida. Learn more about how this collaboration is transforming the landscape of physical therapy in the region, offering optimal health and performance training to the Sarasota community and high-profile athletes including the USA Men's Gymnastics Team and MAG Foundation USA athletes.

Empowering Sarasota with Pro PT and Performance Training

Competitive Edge Performance (CEP) is already renowned for its exceptional care and expertise in Tampa, Florida and is now making its mark in Sarasota. CEP specializes in next-gen physical therapy services that use advanced technology along with customized therapy programs and recovery techniques. Through a strategic partnership with NeuPTtech, CEP is bringing advanced technologies and treatment modalities that have been instrumental in elevating the performance of elite, professional athletes to the local community. This expansion ensures that residents of Sarasota can now experience the highest level of care, previously reserved for top-tier athletes.

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 professional sports teams looking to recover quickly and train smarter. Those same methods and tools are now available to anyone who sets foot in the door.

Waz commented on CEP's simple philosophy, ***"We want to provide the same level of service and attention to our patients as the most renowned sports teams receive."***



At Waz's original PT 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.

Waz is excited to bring these same innovations and elite training services to local residents with the grand opening of his new clinic location in Sarasota.

In large part, the success and opportunities CEP has experienced come from the ability to attract and quickly train some of the best therapist talent from all over the US. Waz's team of Doctors in Physical Therapy is the best of the best and quick to adopt his forward thinking mindset regarding the technology that is moving the profession forward.

With the goal of better outcomes in a shorter amount of time, these premium programs for optimal health are what it's all about as they seek to replace the world of traditional PT that most patients are used to.

Revolutionizing Recovery with PT Technologies from NeuPTtech

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 and pro athletes alike.

Regenerating Muscles Using 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 stimulates 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 Boston Red Sox 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 individuals achieve similar results in athletic recovery.

Elevating Assessments with Heart Rate Variability

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.

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.

CEP and Apex Physical Therapy Partner Up for Advanced Care

In joining forces with Apex Physical Therapy in Ft. Meyers, CEP strengthens its presence in Sarasota and establishes itself as a leading provider of physical therapy services in the region. Apex Physical Therapy shares CEP's commitment to delivering exceptional care, backed by evidence-based practices and the latest innovations. This collaboration marks the beginning of a transformative journey for Sarasota residents, as they gain access to an integrated and comprehensive approach to optimal health and wellness.

A New Epicenter of Physical Therapy Innovation

As Competitive Edge Performance expands its footprint to Sarasota, a new era of physical therapy excellence emerges for the community. Through its collaboration with NeuPTtech and Apex Physical Therapy, CEP is harnessing state-of-the-art technologies to 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. Don't miss this opportunity to elevate your health and performance at Competitive Edge Performance's new Sarasota clinic.

Visit CEP's new Sarasota location inside Evo Athletics and Gymnastics at 7188 15th St E, Sarasota, FL 34243, and take the first step towards achieving your peak potential.

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6 Reasons to Avoid Knee Replacement Surgery

By Regenxx at New Regeneration Orthopedics

Knee replacements are occurring far too often today and the simple truth is that they may be entirely unnecessary. This is mostly due to the fact that effective nonsurgical options now exist and that in some cases, the knee pain may actually be stemming from another part of the body, such as the spine. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers. When knee pain is legitimately caused by a knee condition, many knee-replacement candidates seek out alternatives to surgery. There are many regenerative-medicine options, such as autologous (coming from one's own body) stem cell injections, that could potentially relieve pain and increase activity levels without "amputating" the knee, sawing bones, snipping away pieces of meniscus or frayed cartilage, and replacing the knee with a foreign device. If it is determined that your knee pain is due to a spinal condition, there are also nonsurgical options for spinal treatment to consider.

Knee replacement surgery should really be a last resort in only the most extreme cases. For those who are still considering knee replacement despite the risks that it presents, here are six reasons to avoid knee replacement surgery.

1. Chronic Knee Pain

Ultimately, chronic knee pain is the main reason that most people finally decide to have a knee replacement. They simply want relief. Unfortunately, knee replacement surgery may possibly come with even more pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Some even rate their pain as greater than or equal to their pain prior to surgery. Even after two, three, or four years post-surgery, patients have reported that their pain is worsening.

As we mentioned previously, one explanation of chronic knee pain could be that the source of the knee pain is not actually a knee condition. This could be one of the reasons that the pain does not subside after surgery. It stands to reason that if the pain in the knee was caused by spinal nerves, for example, that your pain will not simply go away after a knee replacement. It is essential that



the root cause of the pain is discovered and is the focus of treatment. You do not want to have surgery on your knee joint if what you truly are experiencing is a condition in your back.

If you are curious to know whether your back is the cause of your knee pain, there are signs to look for, such as hamstring tightness, bunion formation, and if you are experiencing both back and knee pain. Note that it is not guaranteed that you will experience any of these symptoms if your knee pain stems from the low back. A low back condition can present itself solely as knee pain. On the other hand, if your knee pain is accompanied by back pain, it would absolutely be a sign to avoid knee replacement surgery.

2. Expectation May Not Meet Reality

We have all seen the TV commercials and advertisements of middle-aged and elderly people who are running on a beach or playing sports with their families allegedly after knee replacement surgery. Marketers and advertisers really make it appealing to jump on the bandwagon and give people a false sense of reality. The truth, however, is that only 5% or less (1 in 20 people) actually achieve anything close to normal physical activity following knee replacement surgery.

The disturbing trend of marketing knee replacements to those who are 55 years old or younger has also gotten out of hand in recent years. Younger patients expect much more out of their knee replacements in comparison to older patients. Because of this high expectation, 15% of younger patients actually undergo another surgery to fix their knee replacement just five years after their original surgery.

3. Pseudotumors and Tissue Damage Caused by Metal Ions in the Blood

Wear particles are microscopic pieces of metal, ceramic, or plastic that break off of the joint replacement, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many studies and class-action lawsuits. Additionally, the use of new plastics in artificial joints also poses issues if that plastic breaks off of the joint replacement and irritates local tissues and/or enters the bloodstream. It is also notable that minimally invasive knee replacements involve only partial replacements or resurfacing, however, these smaller devices must all be metal to withstand the stresses of the knee joint. This means more metal wear particles and ions in your bloodstream.

Many studies have demonstrated cause for concern regarding metal ions in the blood after knee replacement surgery:

- In Austria, researchers discovered that the size of the prosthesis is directly correlated with the blood concentration of metal ions. This means that the larger the knee replacement device, the more metal ions found in the bloodstream.
- In Italy, a group of researchers found more metal ions present in knee replacement patients who had a loose prosthesis. This is due to the fact that in some patients, the knee replacement device may not be seated tightly or did not bond correctly to the surrounding bone causing additional wear between the bone and the metal leading to an increased amount of metal particles.
- In Germany, a group found that after a knee prosthesis was implanted, metal ions in the blood increased precipitously.
- Other German researchers discovered higher serum levels of chromium and cobalt in knee replacement patients when compared to patients without knee replacements.

Why do these discoveries matter? These wear particles and metal ions can cause harmful metal toxicity within your body as well as create pseudotumors and tissue damage at the genetic level. Additionally, according to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes including sensory changes (auditory, or visual impairments), psychological status change (including depression or cognitive impairment), kidney function impairment, and thyroid dysfunction.

- Even when cross-linked Polyethylene is used instead of metal, a study showed that it caused the knee tissues to produce a much nastier stew of cartilage inflammation and break down chemicals.

4. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

- Those with any type of allergy. Even patients with allergies that are as simple as pollen or dander should avoid knee replacement surgery. People who

are considered "allergic" have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful. If that one thing is a knee replacement device, this drastically affects the outcome of a surgery.

- Those with metal sensitivities. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

Unfortunately, those who consider themselves to be an "allergic person" may experience more pain after a knee replacement because of an allergy related to the replacement device and the chronic inflammation that it causes. Those people who suffer from four or more different allergies may suffer from pain that is more prevalent. The cement used to bond the device to the bone can also cause an allergic reaction. In these cases, the device is more likely to fail, need to be replaced sooner, or causes chronic pain.

5. Increased Risk of Heart Attack, Stroke, and Bleeding Stomach Ulcers

Knee replacement patients aged 60 and up are 31 times more likely to experience a heart attack in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. This leads to extreme stress on the body and a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain. Clots are fairly common. According to one study, blood clots in the legs that produced symptoms were found in 34% of patients.

Men are at an even greater risk of having a heart attack after knee replacement surgery. One research study discovered that the risk of heart attack in men who have had a knee replacement increases by 79% in the years that follow the procedure. Additionally, the stress of undergoing the joint removal alone may be enough to trigger a stroke or a heart attack. Bleeding stomach ulcers can also occur following knee replacement. Study results show a three-times increase in stomach bleeding for up to six weeks post-surgery.

6. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A Swedish study observed the medical records of the "entire Swedish population born between 1902 and 1952." The risk for hip fracture for those who received knee replacements before surgery was

relatively low. In total, 3,221 patients suffered a hip fracture within 10 years following knee replacement surgery. This accounted for a 4% increase in the risk of hip fracture after knee replacement. In addition, we are also seeing bone density loss in hips. There could be a correlation between the two.

Alternatives to Knee Replacement Surgery

Although many patients have tried steroid injections or gel shots to increase the lubrication of their knee joints, this is not the best approach. Steroid shots actually kill off stem cells, cartilage cells, and increase cartilage breakdown. Even the commonly used local anesthetics used in the knees can be toxic to stem and cartilage cells. Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage. The Regenexx protocols allow for the ability to produce better and more individualized platelet products than the typical PRP centrifuge. If you suffer from moderate or severe arthritis, precise guided injections of your own stem cells may be a better choice to provide relief.

Since there are alternative options and a great number of risks associated with knee replacement surgery, you may want to just say no while you explore your options. Our Regenexx Procedure Candidate Form is a great place to start understanding if regenerative orthopedic medicine is right for you.



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What Sets Aston Gardens At Tampa Bay Apart?

A Director of Celebrations Special Insight of the Highly Regarded Senior Community

We hear so much about aging well, but many of us have no idea what it entails. A sense of belonging is key to longevity and living well. The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer more opportunities and events for their residents to enjoy throughout each day of the month.



We caught up with Gail King, Director of Celebrations at Aston Gardens, to find out more.

As the Director of Celebrations, my role is to bring recreation, activities and events to our residents and community. We schedule outings, educational services, arts, recreation, and shopping events. We're somewhat like a five-star hotel concierge service. Imagine that you go to your resort concierge and ask them about things to do locally; that's what we specialize in. I personally take responsibility for our community calendar, which is full of excitement and offers many opportunities for our residents. There is always something for them to do. I want them to look at the calendar and say, "There are so many things that I can't decide what I want to do." Our focus at Aston Gardens is to make something always available and encourage and challenge residents physically, intellectually, and socially.

Our fitness program is state of the art. We have a Fitness Coordinator; and group exercise programs are offered three times per day during the week. This allows our residents ample time to enjoy their workouts by spending time with friends.

We welcome ideas from our residents to tell us what they want to do, and we pride ourselves on making it happen. We do our best to schedule events and activities from their suggestions. We offer shopping excursions, weekly Bible studies, local hotspots, movie nights, games, art classes, and themed parties, to name a few.

Our events are resident driven. Some residents are new to the Tampa Bay area, so we make sure to include local museums, cultural events, and local favorite restaurant outings throughout the month. Although many of our residents still drive their own vehicles, we have buses that take large groups on excursions daily. There is such a deep sense of community within our community. Building and maintaining relationships with one another comes easily here at Aston Gardens.

Regarding our buses and transportation, some of our residents need assistance, so we offer that to them, which provides a sense of independence within the larger aspect of Aston Gardens.

Next week we have a "Dolphin Quest." This is a fun trip that we've planned out of John's Pass to sightsee dolphins on a boat tour. There will be time for shopping and exploring restaurants when we return from the tour; residents will have time to roam and enjoy lunch together.

Each weekend we celebrate a special concert via recording in our Grand Ballroom. Of course, these are suggested by our residents. Recently we've had the Beatles, Fleetwood Mac, and Jimmy Buffet. We also have Broadway Sundays and show a live recording of a major Broadway show in the ballroom. Residents can enjoy these shows and concerts and cherish time together.

Recently we had a movie night with pizza, beer and nearly 100 residents showed up for the highly anticipated event. The sense of community is remarkable at Aston Gardens at Tampa Bay.

A 6-Million Dollar Renovation

There is a Grand Clubhouse at the main entrance and two dining rooms (formal and casual). We also have a fitness club and pool.

Residents can walk or take a golf cart to the main clubhouse for the amenities, events, or dining. In the past year, we did a 6-million-dollar renovation, so everything is like new. There is weekly housekeeping and numerous perks that keep our residents happy and healthy throughout the year.

Each month we have a themed party with a DJ, open bar, and prizes for the best costume. Recently our themes included country western night, where we had line dancing lessons, a tropical oasis night, the roaring 20s, and Springtime in Paris. These parties are always a big hit.

Why Residents Love Aston Gardens

Residents love living in Aston Gardens because of the sense of community and belonging. We offer so many things that bring everyone together with a sense of family. There are close to 400 residents, and most of them know each other; and those that don't soon will.

They love the amenities, but the majority of them will tell you that they have an immense sense of belonging. Our seniors are active and excited and have high expectations. We hold ourselves accountable to deliver happiness to them daily. I personally feel like I have an extended family because we all are working so closely together. Aston Gardens is truly an amazing place.

Celebrations Activities and Events

Most senior living programs in the Tampa, FL area will offer a few activities for their residents. These events cannot compare with the level of excellence that the Tampa Bay community and activities at Aston Gardens at Tampa Bay provide. We offer a wide range of activities for each ability level, so there's always something for you to do.

Aston Gardens offers Independent, Assisted and Memory Care Options.

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 & Events and Dimensions Health and Fitness. 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 813-438-7345 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316





Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

When you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with The National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of Spine and Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

At The National Institute of Spine & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and

Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Spine & Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries.

They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).

The National Institute of Spine & Pain

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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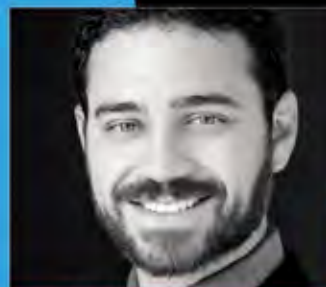
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