

T A M P A B A Y ' S

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

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St. Petersburg/St. Pete Beach Edition - Monthly

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

**FREE** 



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# COLON CANCER SURVIVOR SHARES STORY TO GIVE OTHERS HOPE

**N**ancy Safford Westphal may not have been born in St. Petersburg, but she's about as close to a native as you can get. Her family has been a part of the community for many decades.

Westphal is active in the community with many charities including St. Petersburg Women's Chamber of Commerce, Habitat for Humanity Pinellas, SPCA Tampa Bay, St. Anthony's Hospital Foundation and the hospital's Auxiliary. She recently was chosen as a princess for the Queen of Hearts Ball for her community service.

She and her husband Steve own several restaurants and also work together to give back to the community through their foundation, the Westphal Family Foundation.

Now, Westphal is giving back in a different way. She's sharing the story of her fight with colon cancer in the hopes that it will lead others to get screened.

"It's all about prevention," she said. "This can happen to anyone so it's important to get tested."

## *"I thought that must be a mistake"*

Before her diagnosis, Westphal, who is also a realtor, said she didn't feel sick. "I felt great," she said. "I'm active with tennis and swimming and golf and all the wonderful things here. Very rarely do I get sick."



**Nancy Westphal meets with Kevin Huguet, MD, the surgeon who performed her colon cancer procedure last year.**

During her annual physical at St. Anthony's in 2021, her primary care physician told her to take an at-home colon cancer screening test. That came back negative. When her annual physical rolled around again in 2022, her doctor again told her to take the at-home screening test again.

Everything changed this time. The results were positive.

"I thought that must be a mistake because I feel fantastic. There's just no way," Westphal said. "There hasn't been any history of colon cancer in my family, so I didn't really think I was a prospect for that."

 **St. Anthony's Hospital**  
BayCare Health System

Excluding some types of skin cancer, the U.S. Centers for Disease Control and Prevention says that colorectal cancer is the fourth most common cancer diagnosed in men and women in the United States.

The American Cancer Society estimates that colorectal cancer will kill more than 52,500 people in the United States this year. And the organization estimates that nearly 107,000 new cases of colon cancer will be diagnosed, while a little over 46,000 new cases of rectal cancer will be diagnosed this year.

Westphal's doctor told her to quickly get a colonoscopy, a procedure that allows a doctor to examine the large bowel which includes the colon and rectum.

"My first thought following the diagnosis was that hopefully this is caught early enough and (I can) get this taken care of and not need any treatment," Westphal said. "But if I do need treatment, I will be able to be in the best of care right here at St. Anthony's."

Westphal was referred to surgeon Kevin Huguet, MD, who is part of BayCare Physician Partners and has performed this type of surgery countless times. "When I met Nancy back in November 2022, she'd undergone a screening colonoscopy which revealed an early stage of colon cancer," Dr. Huguet said. "Colon cancer is a disease that's very treatable if you catch it at an early stage."

The surgery was scheduled within two weeks. "Dr. Huguet ... let me know every step what was going to take place," Westphal said. "Recovery would be at St. Anthony's for just a few days. It really was the best care I could imagine. It was even better than I expected. From the surgery to the recovery, everything was just fantastic and I am ever so grateful."

#### Spreading the word to get screened

As she was going through her diagnosis, surgery and recovery, Westphal posted about her journey on social media. "I (wanted) to make people aware that it's not that difficult to get a colonoscopy and it (colon cancer diagnosis) can happen to anyone," she said. "I would say out of the few thousand people that looked at that, at least 150 people reached out to me to say, 'Thank you for reminding me to go get my colonoscopy.'"

About a handful of people needed surgery, she said. "They caught it early enough. Some did have to have treatment after surgery but they are okay."

"The importance of your screening studies can't be overstated when you reach the appropriate age," Dr. Huguet said. "Catching the colon or rectal cancer early makes a huge difference in a patient's survival."

Because the cancer was diagnosed early and removed through surgery, Westphal did not need any additional treatment after surgery. "And really and truly, a colonoscopy could not be more important for prevention of colon cancer," she said. "I can't stress enough how important it is. And not to put it off. It means everything to living a healthy life."

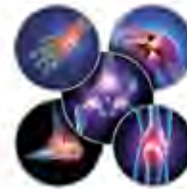
For Westphal, the silver lining has been helping to shine a light on getting screened for colon cancer. And being there for her family. "When I was diagnosed, I immediately thought of my family, my son, my daughter, my grandchildren, my husband and of course, my mom who is 91 years old," she said. "And I want to be around. I have so much more I want to give."

**For more information on the variety of colon and rectum cancer services BayCare offers, visit [BayCareCancer.org](http://BayCareCancer.org).**

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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.

# TIPS FOR MAKING YOUR 'BEST LIFE' EVEN BETTER BY OPTIMIZING FOR YOUR HEALTH

**A**s the seasons change, so does the rhythm of our daily lives. With school back in session and sports schedules in full swing, it can be easy to overlook your health.

However, with cold and flu season on the horizon, it's important to take care of yourself so that you can enjoy life's cherished moments to the fullest. Whether you're watching your grandchildren score the winning goal or attending a dinner with friends, you deserve to feel vibrant and healthy. As physical therapists and professionals in the wellness space, we're offering some essential advice for staying active this fall season.

## What is Optimal Health?

At Competitive Edge Performance (CEP), our goal is to help you achieve optimal health. More than just the absence of disease, optimal health is a synergy of physical, mental and emotional well-being. This holistic measure serves as our guiding principle because it allows us to treat our patients comprehensively.

Instead of merely addressing symptoms, our doctors of physical therapy aim for lasting improvements by understanding the root causes of pain and imbalance in each patient. Our proactive approach to well-being empowers our patients to thrive in all aspects of life.

## 4 TIPS FOR MAXIMIZING YOUR HEALTH DURING THE FALL SEASON

### 1. Heal Your Body with Better Sleep

In a world where productivity reigns supreme, we often see our clients push aside their body's natural need for rest. Sleep, however, stands tall as a pillar of optimal health. It's not just about the quantity but the quality. Here are just a few reasons you should prioritize deep, restful sleep:

#### • Boost Immunity

Adequate sleep boosts the body's production of immune-boosting proteins and ensures effective function of defense cells, helping fend off winter illnesses. In fact, a study by the Sleep Foundation found that people who get fewer than seven hours of sleep are nearly three times more likely to develop a cold after exposure to a virus compared to those who sleep eight hours or more.



#### • Enhance Mood & Cognitive Function

Your mental and emotional wellbeing is directly linked to your sleep quality. Harvard studies have shown that sleep sharpens mental clarity and stabilizes emotions. However, a lack of sleep can impair judgment, mood and ability to learn and retain information.

#### • Assist in Weight Management

Regular sleep helps balance appetite-regulating hormones, supporting healthy weight management. Insufficient rest can disrupt these hormones, potentially leading to weight gain.

#### • Optimize Physical Well-being

The body repairs itself during sleep which is why restorative sleep is essential for your everyday activities. In fact, a study published in the *Journal of Orthopaedic & Sports Physical Therapy* highlighted that patients undergoing physical therapy who received adequate sleep showed faster recovery rates and better therapy outcomes than those who were sleep-deprived. Sleep plays a major role in the healing process.

## How CEP Helps You Achieve Restful Sleep

At Competitive Edge Performance, we understand the nuances of sleep and its integral role in optimal health. That's why we've integrated the NEUBIE device into our therapeutic arsenal.

The NEUBIE is a unique form of electrical stimulation. The NEUBIE's approach focuses on helping the nervous system function more efficiently, which is central to various aspects of health, including muscle function, pain perception and sleep quality.

In combination with our comprehensive Master Reset program, the NEUBIE can relax your nervous system through progressive muscle relaxation techniques. With a blend of neuromuscular re-education and tailored interventions, the therapists at CEP can help you get a better night's rest.

### 2. Be Proactive to Prepare for Cold and Flu Season

As the colder months set in, the onset of cold and flu season becomes a pressing concern. Beyond the usual precautions like handwashing and flu shots, one often overlooked area is the indoor air quality. In closed indoor settings, viruses and bacteria can circulate more frequently, increasing the risk of infections.





At CEP, we prioritize the health of our clients beyond just physical therapy. We recognize the significance of pure, clean air, especially in a clinical environment, which is why we've equipped all our clinics with the Active Pure Air Purification system. This advanced system eliminates viruses and bacteria from the air and reduces your exposure to environmental pollutants.

If you want to equip your home with the same medical-grade air purification system, reach out to our trusted distributor, NeuPTtech. They can guide you through the process of installing the Active Pure Air Purification system, ensuring that you and your loved ones breathe cleaner, healthier air this fall.

### 3. Stay Active to Boost Your Health & Immunity

While rest and recovery are essential for your health, maintaining an active lifestyle during the busy fall season is equally important. Regular physical activity strengthens the heart, improves circulation and boosts lung capacity, all of which are crucial for a robust immune system. Additionally, exercise releases endorphins, the body's natural mood elevators, helping to combat the fall and winter blues.

At CEP, our physical therapists provide personalized exercise regimens suitable for all ages and fitness

levels. Whether you're seeking post-injury rehabilitation, looking to build strength or aiming to stay fit amidst a busy schedule, we're here to guide and support you. Remember, a body in motion tends to stay in motion; make it a goal to incorporate daily physical activity, no matter how small.

### 4. Treat Your Nervous System for Better Health

Your nervous system is the command center of your body, governing everything from simple reflexes to intricate cognitive processes. A well-regulated nervous system can improve your immune response, stress resilience, and overall vitality. One method to gauge the health of your nervous system is through Heart Rate Variability (HRV) screening.

HRV is a measure of the variation in time between each heartbeat, and it serves as an indicator of your nervous system's balance and resilience. Higher HRV values generally denote a healthier and more adaptable nervous system, which is better equipped to handle stressors and maintain overall health.

At Competitive Edge Performance, we recognize the crucial role that a balanced nervous system plays in achieving optimal health. As part of our commitment to your well-being, we are offering a FREE Optimal Health HRV Screen. By assessing your HRV, we can

provide personalized recommendations to enhance your nervous system's performance and, in turn, your overall health.

### OPTIMIZE YOUR HEALTH WITH COMPETITIVE EDGE PERFORMANCE

Keep your health a priority this fall. Competitive Edge Performance in Tampa, Florida is committed to ensuring you're not just living, but thriving. Thanks to our state-of-the-art programs and our clinical expertise, we craft treatment plans to optimize your health and resilience. It's time to take an empowered leap toward a healthier lifestyle.

Ready to learn more about how to leverage cutting-edge technology to reach your health potential? Request a FREE HRV Screening! Call us at (813) 849-0150 or visit 3105 W. Bay to Bay Blvd, Tampa, FL 33629 and mention this article!

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## The Link Between Hearing Loss & Alzheimer's Disease

**T**here is no cure for dementia including Alzheimer's Disease. That's why taking care of the body and brain on multiple levels is critical to staving off the onset of memory-related issues. This includes things like daily exercise, staying socially and mentally active, maintaining a healthy diet, getting proper rest and (perhaps surprisingly) protecting our hearing.

### How Are Hearing Loss and Cognitive Decline Connected?

It's important to note that not all hearing loss will result in cognitive disorders, but there is an interrelated reason why it may escalate a person's risk. Age-related hearing loss, known as sensory-neural hearing loss, is a normal part of growing older. Approximately 50% of people will have significant hearing loss by age 75. Preventing this type of hearing loss through things like avoiding loud noise exposure and getting early treatment for sensory-neural hearing loss is critical for maintaining good hearing.

Over the past decade, studies have also shown the negative effects of hearing loss on cognitive function. When there is auditory deprivation, AKA hearing loss, there is a significant reduction of activity in the area of the brain that processes communication. This area is the temporal lobe, which is considered the primary auditory cortex. It not only controls hearing, but also the way language is processed.

Individuals who struggle with hearing often become less social as a result, and therefore, their cognitive decline is affected by fewer interactions and reduced mental processing. It is also believed that decline in other special senses, like smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

Receiving early treatment (such as hearing aids) can help slow down the natural progression of hearing-loss-related cognitive decline. Nonetheless, hearing loss is progressive and tends to get worse with age in most people.

In all, it's important to do all we can to keep the brain engaged in social interaction and verbal communication, because when a person becomes isolated or has trouble communicating effectively, it tends to exacerbate the onset of dementia. Protecting and preserving hearing is one of the lesser-known items we can control, and that makes it something that's worth thinking about right now.

*Aston Gardens At Tampa Bay utilizes a nationally recognized curriculum within its SHINE® Memory Care neighborhood.*

### Aston Gardens Provides Multiple Living Options

Aston Gardens is among the Tampa Bay area's most sought-after communities. That's due in large part to its commitment to enriching the lives of each resident senior and their family by providing personalized care, welcoming living spaces, and superior amenities. There are also three, distinct living options, which include Active Independent Living, Assisted Living and the exclusive SHINE® Memory Care program.

### Active Independent Living

This lifestyle delivers the best of active senior living and includes some extended services such as restaurant-style dining, robust health and fitness programming, and a full calendar of activities and social events.

At Aston Gardens, spacious, well-appointed apartment homes and a limited number of for-sale villas come complete with full-size kitchens, in-unit laundry and many designer upgrades. There are also world-class amenities located throughout the Grande Clubhouse and elsewhere across the community. Those include multiple, casual and upscale dining venues; a heated, resort pool; bar and lounge; high-tech senior fitness center and more. Taken together, it's all part of a more flexible, choice-driven way of life; one that empowers seniors to lead an independent lifestyle on their own, unique terms.

### Assisted Living

This more care-focused living option was designed for seniors who enjoy living independently, but who need or could benefit from having some regular assistance with daily living activities such as bathing, ambulation, medication and/or insulin management and more. It also comes with a host of all-inclusive features and lifestyle services, things like daily, chef-prepared meals, personal laundry service, chauffeured transportation and specialized care plans designed to suit each, individual resident's needs and preferences.

Assisted Living provides 24-hour care and service from dedicated health and wellness professionals. Plus, at Aston Gardens, Assisted Living is all-inclusive, with residents paying just one price for full community access, amenities, and care and services.

### SHINE® Memory Care

Built upon a single foundational principle—personalization—SHINE® utilizes six (6) individual points of focus to create a holistic memory care plan that's made to fit each person's unique needs and capabilities. Those include:

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- 2) Team Member Training & Certification
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- 4) Specialized Dining Programs
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- 6) Safety-Minded Neighborhood Design

For utilizing the latest, scientific evidence and industry best practices, the SHINE® program curriculum in 2020 received a National Certificate of Recognition from the Alzheimer's Association®. The honor is a testament to the quality of the SHINE®, and shows that its person-centered approach is at the leading edge of the dementia care universe.

In all, the SHINE® program ensures the finest-quality memory care available anywhere, and Aston Gardens communities are among the fewer than 50 communities in the nation that have it!

### Why Aston Gardens?

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 dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Plus, Aston Gardens At Tampa Bay also offers one of the area's best values in senior living, with transparent pricing, three-year rent lock protection and no hidden fees.

**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](http://astongardens.com).**



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# PERIPHERAL NEUROPATHY BREAKTHROUGH

*"My feet feel like they are on fire."*

*"Each step feels like I'm walking through wet paint."*

*"I live in constant fear that I'll fall."*

*"I can't sleep, my hands and feet tingle all night."*

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Dr. Kim Windschauer of Acupuncture of West Florida in Clearwater Florida share this belief. "I've been treating neuropathy in all various forms for many years, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my ads or read the testimonial of another patient and say to themselves, "hey, I feel the same thing."

Kathy of Largo testifies to this. "I remember my husband driving me to my consultation, and I saw a woman running. I was so envious. I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Kathy would eventually see Dr. Kim's ad, describing similar symptoms, and how she offers a real solution at **Acupuncture of West Florida**. "I just knew I had to see her; it was my last hope."

**"Almost all of our patients come to us with a story like Kathy's. They've been everywhere else. They've been told, "it's just a part of growing older," shares Lauren, a Patient Care Technician at Acupuncture of West Florida, "it just breaks my heart, but I know how much we can help people like Kathy so I'm always so happy when they walk through our door.**

Those diagnosed with peripheral neuropathy often face a very grim reality, Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Kim and the staff at **Acupuncture of West Florida** pride themselves on being "the last resort with the best results."

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in the lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case the absence of pain is not necessarily a good thing," shares Dr. Kim. "This usually indicates that your nerves are hanging on by a fragile thread."

### So how exactly is Dr. Kim able to reverse the effect of this degenerative disease?

"Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance Bio-Therapy. This is technology that was originally developed by NASA to expedite recovery and healing."

**"I just can't say enough about Acupuncture of West Florida," Kathy shared through tears of joy. "My husband and I moved here 3 years ago, and he's gone to the beach almost every day. I always stayed home because of the pain and discomfort. Yesterday I walked on the beach with him! And next week we're starting dancing lessons. I am truly living life these days!"**

According to Kathy's test result, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients, shares Lauren. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great."

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By seamlessly blending the ancient science of acupuncture with modern medical solutions, Dr. Kim has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis, but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage there is little that I can do to help them. I'm familiar with the medical miracle but I know my limitations as a practitioner as well as the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

**Call (727) 490-6060 to schedule an initial consultation or visit [AcuofwestFL.com](http://AcuofwestFL.com) to read more incredible success stories.**



### ABOUT Dr. Kim Windschauer

I am an Acupuncture Physician, Board Certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) as well as the Florida State Board of Health, to practice both Acupuncture and Herbal Medicine.

I graduated from East West College of Natural Medicine, and am a member of the Florida State Oriental Medical Association (FSOMA). I have a Masters in Science degree in Traditional Chinese Medicine and a Bachelor's degree in Health Services, from East West College of Natural Medicine, as well as a Bachelor of Arts degree from the University of South Florida.

I am one of the few native Floridians, born and raised right here in St. Petersburg. My husband and I have been married for over 35 years, and have nine children: Tyler, Jordann, Gabriel, Kevin, Annalyse, Lucas, Olivia, Cameron, and Addison. While the first five have moved into their own homes, and two are in college, we are far from empty nesters, having teenage twins and several dogs running around the house to keep us on our toes!



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

Dr. Sunil Panchal

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

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

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

### The Symptoms of SI Joint Instability:

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

### Sacroiliac Joint Instability Causes

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

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



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with **The National Institute of Spine and Pain** has been offering patient's real relief and a restorative effect for their SI dysfunction.

His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

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

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

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

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

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

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

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

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

### The National Institute of Spine & Pain

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

# Introducing Dr. Nick Demellis and His Passion for Happy Hormones

**H**ealth and Wellness Magazine and Dr. Robert Lupo would like to welcome Dr. Nick Demellis to Physical Medicine Center. Dr. Demellis is passionate about bioidentical hormone replacement therapies for both men and women. Bioidentical hormones are the same hormones, molecule by molecule, that your body produces. They are modified in a lab derived mostly from plant sources but are still considered natural to your body because they are identical. Let's discuss hormones and overall wellness with Dr. Demellis.

**H&W Magazine: Dr. Demellis, what drew you to Physical Medicine Center?**

**Dr. Demellis:** "I was always interested in integrated medicine and treating patients with a holistic approach. Physicians Medical Center embodies a lot of qualities that I strive to achieve in my own personal health and wellness journey."

**H&W Magazine: Talk to the readers about hormone replacement therapy. How do I know if I need help with my hormone levels?**

**Dr. Demellis:** "Common symptoms of hormone deficiencies for women may include fatigue, mood swings, weight changes, decreased libido, and changes in menstrual patterns. For men, common symptoms of hormone imbalances include fatigue, reduced energy levels, decreased muscle mass, changes in mood, low libido, and difficulty concentrating. A thorough physical exam and simple blood tests can quantify hormone levels and indicate imbalances or deficits. Hormone deficits can start as early as age 30. When hormones are not balanced, motivation can waiver. Weight can increase with no changes to diet or exercise. You can experience a loss of muscle, a decrease in your sleep quality and lose libido. Hormones are crucial to our everyday functions and when the body isn't producing enough of them, intervention is needed to maintain overall health."

**H&W Magazine: So if I don't feel like myself, I should consider having my hormone levels checked?**

**Dr. Demellis:** "YES!! A resounding YES!! Due to the aging process and other external factors, hormone levels can be compromised and accelerate metabolic disease. Both men and women greatly benefit from customized replacement hormone therapies."

#### Common Hormone Therapies for Women:

- **Estrogen Therapy (ET):** Estrogen is a key hormone in women that plays a significant role in menstrual cycles, bone health, and overall well-being. Estrogen therapy

is commonly used to relieve menopausal symptoms, such as hot flashes, night sweats, vaginal dryness, and mood changes. It can be administered through various forms, including pills, patches, creams, and vaginal rings.

- **Progesterone Therapy:** For women who still have a uterus and are undergoing estrogen therapy, progesterone is often prescribed alongside estrogen to protect the uterine lining and reduce the risk of endometrial overgrowth.

- **Combination Hormone Therapy:** Combination hormone therapy involves taking both estrogen and progesterone to address menopausal symptoms. It's often used in women who have not undergone a hysterectomy.

- **Hormone Replacement Therapy for Osteoporosis:** In postmenopausal women, declining estrogen levels can lead to decreased bone density and an increased risk of osteoporosis. Hormone replacement therapy may be recommended to help maintain bone health and reduce the risk of fractures.

- **Thyroid Hormone Replacement:** Thyroid hormone replacement therapy is used to treat conditions such as hypothyroidism, where the thyroid gland doesn't produce enough thyroid hormones. Synthetic thyroid hormones are prescribed to regulate metabolism, energy levels, and overall health.

- **Birth Control Pills:** Oral contraceptives are a form of hormone therapy that includes a combination of synthetic estrogen and progestin. They are commonly used for contraception, menstrual cycle regulation, and management of conditions such as polycystic ovary syndrome (PCOS).

- **Vaginal Estrogen Therapy:** Vaginal estrogen therapy involves applying estrogen directly to the vaginal area to alleviate symptoms such as vaginal dryness, discomfort during intercourse, and urinary symptoms related to menopause.

#### Common Hormone Therapies for Men:

- **Testosterone Replacement Therapy (TRT):** Low testosterone levels, also known as hypogonadism, can result in symptoms such as fatigue, reduced muscle mass, low libido, mood changes, and difficulties with concentration. TRT can be administered through various methods, including injections, gels, patches, and implants.

- **Human Chorionic Gonadotropin (hCG) Therapy:** hCG stimulates the testes to produce more testosterone naturally. This approach can help maintain fertility and prevent testicular shrinkage that might occur with testosterone replacement alone.

- **Thyroid Hormone Replacement:** Thyroid hormone replacement therapy is used to treat conditions such as hypothyroidism, where the thyroid gland doesn't produce enough thyroid hormones. Synthetic thyroid hormones are prescribed to regulate metabolism, energy levels, and overall health.

- **Growth Hormone Therapy:** Growth hormone deficiencies can occur in both children and adults. In adult males, growth hormone deficiency can lead to decreased muscle mass, increased body fat, and decreased bone density.

- **Cortisol Replacement Therapy:** Adrenal insufficiency is a condition in which the adrenal glands don't produce sufficient cortisol. Cortisol replacement therapy regulates metabolism, manages stress responses, and maintains overall health.

- **DHEA (Dehydroepiandrosterone) Replacement:** DHEA is a precursor hormone that can be converted into testosterone and other hormones in the body. Some men may be prescribed DHEA replacement therapy to address hormonal imbalances and alleviate symptoms associated with low DHEA levels.

To have your hormone levels evaluated and a thorough discussion about how Hormone Replacement Therapy can help you, schedule an appointment with Dr. Demellis today. Hormone levels and individual health considerations vary with each patient, so a personalized treatment plan is key.

Nicholas Demellis is a Doctorate prepared Nurse Practitioner with his Doctorate degree from South University of Tampa. Accumulated over 10 years of hands-on experience in both inpatient and outpatient settings. Has experience in Allergy and Immunology.

Over this time, he has focused on treating his patients with both a holistic/traditional approach. Currently, he enjoys focusing on Family Medicine as well as incorporating novel treatments for weight loss and Hormone replacement therapy. Nicholas is Quadlingual, fluent in English, Greek, Portuguese and Spanish.

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-978-0020 to schedule your appointment.

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# Hope and Optimism

By Pastor Timothy L. Neptune

**H**ope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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- Knee • Neck • Sciatic • Arthritis

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### NEUROLOGICAL

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- TMJ • Stroke

### WOMEN'S HEALTH

- Fertility • Post-Partum Support • Menopause
- Dysmenorrhea • PMS • Labor Induction
- Breach Fetus • Labor • Delivery

### MEN'S HEALTH

- Overall Men's Health • Prostatitis • Fertility

### RESPIRATORY

- Common Cold • Allergies • COPD

### IMMUNE SYSTEM

- Adversity to Radiation • Chemotherapy
- Cold & Flu • Fatigue • Immune Support

### DIGESTIVE

- Acid Reflux • Gastritis • Diarrhea • Nausea
- Constipation • Vomiting

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- Drugs • Alcohol • Nicotine