

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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FREE 

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SHOULDER
TREATMENT
PROVIDES
AMAZING
RESULTS**

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LASER THERAPY**

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OXYGEN THERAPY**

**Can it Boost the
Immune System?**

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SCAN ME

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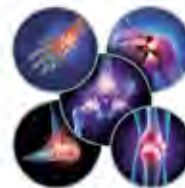
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Wellness Toolkits: Building Your Healthiest Self

Read More: Each person's "healthiest self" is different depending on their body, mind, living situation and people influencing their lives, and building a personal wellness toolkit can improve your overall well-being.

The National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services, has created wellness toolkits to highlight tips for living well and improving your health. Focusing on five areas, including your surroundings, feelings, body, relationships and disease defense, it offers practical ways to be your "healthiest self."

Surroundings and environmental wellness

- **Create a healthier home and reduce health hazards.** Be mindful of chemicals in household products that may contain potentially harmful substances. Also identify irritants like lead exposure, mold or radon using a test kit.

- **Manage your allergies.** A change in seasons can increase airborne substances that irritate your nose, so take steps to reduce your exposure to allergens. Both indoor and outdoor environmental exposures, toxins and allergy-inducing substances can impact your health and well-being. Read more on how to manage allergies in every season.

- **Safeguard yourself in extreme temperatures.** Whether it's the summer heat or the frosty air of winter, extreme weather can have a major impact on your overall health. Take steps to guard yourself against illnesses such as overheating or hypothermia by recognizing signs that your body temperature is spiking or dropping too low.

Feelings and emotional wellness

- **Reduce stress and cope with life's ups and downs, including loss, in a healthy way.** Draw from resources at your disposal at work or in your community, or join a support group, to build resilience and safeguard your mental health.

- **Get quality sleep.** Learn how to create a healthy sleep routine to think more clearly, have quicker reflexes and focus better.



- **Strengthen social connections.** Whether with romantic partners, family, friends, neighbors or others, social connections can influence our biology and have powerful effects on our health.

- **Be mindful and embrace an attitude of gratitude.** Live in the moment and be aware of what's happening in the present.

Body and physical wellness

- **Get active.** Find a physical activity that you enjoy (e.g., walking, playing pickleball, swimming, etc.) and engage in at least 30 minutes of exercise a day. Doing so will help you lower your risk of heart disease, diabetes or cancer.

- **Eat a healthy diet.** A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods such as fruits and vegetables. Learn how to optimize your immune system by using a whole body approach.

- **Build healthy habits for a lifetime of optimal health.** Whether you want to quit smoking, reduce stress or get more exercise, small steps can lead to big changes over the years of your life.



Relationships and social health

- **Make connections.** Look for ways to get involved in your community, join a book club or start a side hustle, as it might help protect your health and lengthen your life. "Connecting to others is part of what makes us human and keeps us mentally healthy," said BayCare's VP/Chief Quality Officer Dr. Laura Arline, MD, FACP, FAAP. "Be sure to carve out time to get together, in-person, with family, friends and even co-workers."

- **Build healthy relationships.** It takes communication, understanding and often forgiveness to build and maintain the relationships in our lives. Seek out individuals who possess the qualities you want in a friend, partner or coworker. Cope with stressful situations in a healthy way, recognizing that these situations are often temporary, and steer clear of drama.

- **Take care of yourself first.** You can't drink from an empty cup, and if you're a parent or in a caregiver position, it's easy to put others first and neglect yourself. It's OK to ask for help, take breaks and take time for yourself to do something you enjoy and not feel guilty about it.

Prevention wellness and disease defense

- **Get screened.** Visit your primary care physician for your annual checkup and stay on top of preventative screenings such as mammograms, prostate exams, and colorectal cancer tests. Use the FIND A DOCTOR tab on baycare.org to find a physician in your area.

- **Protect yourself and others by staying up to date on vaccines and immunizations.** From annual flu shots to COVID boosters, and vaccines for older individuals for pneumonia or shingles, refer to the Centers for Disease Control and Prevention's (CDC) website for the latest immunization schedules.

"This list may seem daunting, but you don't have to check it all off at once," added Dr. Arline. "Start with one item or area that is either the easiest or that you find to be the most important. Then keep adding to your wellness toolkit over time, adjusting the contents as your needs change."

Each person's "healthiest self" is different depending on their body, mind, living situation and people influencing their lives, and building a personal wellness toolkit can improve your overall well-being. Once you start gathering the necessary environmental, emotional, physical, social and preventative tools to create a healthy lifestyle, you will reap the rewards now and in the future.

NEW FROZEN SHOULDER TREATMENT PROVIDES AMAZING RESULTS

Physical therapists and doctors are now using an innovative treatment method, Winback, to treat frozen shoulders.

If you have, or previously had, a frozen shoulder, you've likely already tried numerous treatments to resolve your shoulder pain with minimal results. Frozen shoulder is a painful condition that causes limited range of motion, stiffness and inflammation in the shoulder joint. Symptoms typically progress slowly, requiring individualized treatments for each patient.

At Competitive Edge Performance (CEP), an advanced physical therapy group in Tampa, FL, we offer cutting-edge frozen shoulder treatment to help you regain flexibility and reduce pain in as little as one session. We have years of experience sharpening our tech-forward solution to efficient recovery. If you suffer from shoulder pain, CEP is the right place.

Targeting Your Shoulder Pain

Frozen shoulder is a frustrating, inflammatory condition that can last for years. It occurs when the capsule of connective tissue encapsulating your shoulder joint thickens and tightens after long periods of restricted movement. You may experience a progression with the condition that happens in stages, including the following:

The Freezing Stage

During the freezing stage, you'll notice pain when you move your arm or shoulder. Stiffness and mobility will continue to worsen over time. This stage can last as long as nine months. If you are experiencing any symptoms of pain, immobility or weakness in your shoulder at this time, it's important to get treated.

The Frozen Stage

When you've reached the frozen stage, your pain level may reduce, though your mobility will worsen. Regular tasks, like lifting a jug of milk, can feel impossible. The frozen stage can last around a year without any intervention.

The Thawing Stage

With proper treatment, you can reach the thawing stage, where you regain mobility and experience reduced pain. Thawing can take time, depending on the severity of your condition.



To properly target and treat your shoulder pain, we assess your current stage and the cause behind your frozen shoulder. Our team at Competitive Edge Performance (CEP) uses highly personalized and advanced treatment methods to help you regain your quality of life as soon as possible.

Activating Your Body's Natural Self-Repair System Using 'Winback'

Winback is our advanced treatment course for frozen shoulder relief. The non-invasive, high-frequency TECAR therapy targets different layers of tissue to activate your body's self-repair system. Winback can release muscle tension, break up scar tissue, improve mobility and more.

Winback offers efficient physical therapy for frozen shoulder patients in three ways:

1: Pain Relief

Winback can offer immediate and sustained pain relief by saturating the nerve cell endings (nociceptors) in the shoulder joint. The advanced method can restore blood flow, reduce muscle tension and eliminate inflammation to provide critical pain relief.

2: Muscle Tension Release

By increasing blood flow and muscular temperature, Winback can stimulate tension release. During the freezing and frozen stages, muscle tension in the shoulder joint is at its highest. Our advanced remedy can target deep, previously unresponsive layers to help you reach the thawing stage.

3: Cellular Repair

Your muscles should exchange toxins and waste for oxygen and healthy nutrients through cellular

exchanges. Winback can stimulate intra- and extracellular exchanges to improve muscular recovery rates and boost metabolism.

Winback Treatment Results on Real Patients

Achieving zero pain and full mobility may sound too good to be true if you've been living with a frozen shoulder for months. With our advanced Winback treatment, you can regain your normal life. To put this claim to the test, we compared the Winback treatment to traditional methods on real patients to see the difference.

In the clinical study, we measured the degree of flexion, pain level and external rotation in patients receiving and not receiving the Winback treatment. Physical therapists administered any treatments they deemed appropriate for the patients, including Winback, during one session and one session without it.

When patients received Winback, they enjoyed a greater gain in their maximum joint extension than during their treatment session without it. Amplitude increased by an average of 24.3% during Winback sessions, compared to just 16.3% during non-Winback sessions. The study concluded that our advanced treatment provides immediate and accelerated treatment results to patients with frozen shoulders.

Get Relief for Your Frozen Shoulder Today

If you're struggling with shoulder stiffness, pain or inflammation, you no longer need to suffer. At CEP, we use an innovative approach to physical therapy, tailoring each patient's treatment plan to their level. Get relief for frozen shoulders right here in Tampa Bay at Competitive Edge Performance by calling our team at (813) 849-0150 to schedule an appointment online at <https://goceppro.com/>.



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

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

Radiofrequency Denervation

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

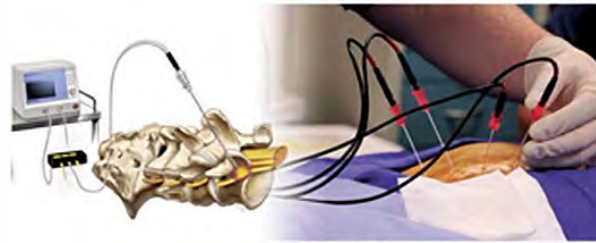
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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

A Patients Perspective

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

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



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

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

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

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

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



At The National Institute of Spine & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013).

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

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

The National Institute of Spine & Pain

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LIVER CANCER

Liver cancer is the sixth most common cancer worldwide and the sixth leading cause of cancer deaths in the U.S., according to the National Cancer Institute. Primary liver cancer occurs most often in adults ages 60+. Childhood liver cancer is rare. Rates are highest in American Indian and Alaska Native persons, and three times more common in men than in women.

Shaped like a cone and located beneath the rib cage in the upper right part of the belly, the liver is the body's largest internal organ and one we cannot live without. The liver has many essential functions:

- Breaks down and stores nutrients that the body needs to function
- Aids in clotting to prevent excessive bleeding from cuts or injuries
- Delivers bile into the gallbladder and intestines to help absorb nutrients
- Breaks down alcohol, drugs and toxic wastes in the blood, which then pass from the body through urine and stool

The liver is made up of many types of cells; the majority of these cells are called hepatocytes. Liver cancer occurs when cells begin to grow out of control. The resulting tumors can be cancerous (known as malignant) or non-cancerous (known as benign). Cancer that develops in another area of the body and spreads to the liver is more common than cancer that begins in the liver cells. The most common form of liver cancer is hepatocellular carcinoma (HCC).

Causes & Risk Factors

A number of risk factors are associated with liver cancer. At the top of the list are chronic hepatitis and alcoholism, which are common causes of cirrhosis (permanent liver scarring and damage). Adults who drink large amounts of alcohol and those with an accumulation of extra fat in the liver that is not caused by alcohol ingestion have higher rates of liver cancer. According to the American Cancer Society, the risk of developing HCC is higher in people with chronic liver disease brought on by hepatitis B or hepatitis C infection. Hepatitis B virus (HBV) causes liver inflammation, or swelling, that can lead to cancer. HBV infection can be transmitted in body fluids, including blood and semen, or by sharing needles used to inject drugs. Hepatitis C virus (HCV) can be transmitted in blood and can also be spread through needle sharing.

Other medical conditions and certain lifestyle behaviors can increase the risk of getting liver cancer. These include:

- Diabetes
- Hemochromatosis, a condition in which the body absorbs too much iron
- Being overweight or obese
- Smoking cigarettes
- Drinking too much alcohol long term

Signs & Symptoms

The following can indicate liver cancer:

- Pain at the top right of the abdominal area, near the right shoulder blade or in the back
- A hard lump under the ribs on the right side of the body
- Unexplained weight loss
- Fatigue or weakness
- Jaundice, which is the yellowing of the skin or eyes

Be sure to talk with your health care provider if you experience any of these symptoms. A physical examination and one or more of the screenings discussed below may be recommended to aid in a diagnosis.

Screening Options

Cancer screening is critical to early diagnosis and prevention. Adults with certain chronic conditions, including hepatitis infection, cirrhosis or other risk factors, should talk with their doctor about regular screenings for liver cancer. Screening options include blood testing for alpha-fetoprotein, a substance that may be produced by cancer cells, and imaging tests, such as ultrasound, CT/CAT scans or magnetic resonance imaging (MRI). Early detection increases the chance of successful treatment.

Treatments

Different types of liver cancer require different types of treatment. These can include surgery, radiation, targeted therapy or immunotherapy, which uses the body's immune system to disrupt the growth and spread of tumor cells. When cancer is found at an early stage, treatment will seek to kill the cancer and minimize symptoms and side effects.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played a significant role in these breakthroughs, now saving more lives. Patients participating in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

Reduce Your Risk

While liver cancer cannot be prevented entirely, there are ways to reduce the risk:

- Eat a healthy diet, maintain a healthy weight and participate in physical activity.
- Don't smoke. Quit if you do smoke.
- Avoid alcohol or limit alcohol consumption.
- Get vaccinated against hepatitis B if you are at increased risk.
- Get medical care if you are diagnosed with hepatitis.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently approved for use in the U.S. were studied in clinical trials with FCS participation.* Recognized for our research, FCS is a recipient of the national Clinical Trials Participation Award presented by the American Society of Clinical Oncology (ASCO). FCS physicians, trained in prestigious medical schools and research institutes, are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

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For more information, visit FLCancer.com.



MonaLisa Touch[®]

LASER THERAPY

By Parveen Vahora, M.D.

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, enabling it to become 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.

MonaLisa Touch is for YOU

The ideal candidates for MonaLisa Touch treatment are people who:

- Are experiencing symptoms of low estrogen during the transition to menopause or after menopause.
- Tried other methods (such as estrogen therapy) and were unsuccessful.
- Have symptoms as a result of chemotherapy, breast cancer or hysterectomy.
- Can't take estrogen due to other health conditions or treatments.
- Have been diagnosed with vulvar disorders like lichen sclerosus.

How the MonaLisa Touch treatment works

The MonaLisa Touch is a CO2 (carbon dioxide) fractional laser. A fractional laser delivers thousands of tiny light beams into a specific area. The laser beams destroy vaginal tissue and stimulate your vaginal tissue to generate new blood vessels and produce more collagen and elastin. This essentially causes the tissue lining to regenerate and repair itself.

PROCEDURE DETAILS

Treatment with the MonaLisa Touch happens in your healthcare provider's office. It's similar to what happens during a Pap smear. Your provider will insert a wand-like device into your vagina to begin treatment. The device delivers tiny energy pulses into your vagina. It may feel like a vibration or a tiny prick — like the poke of a needle. Your provider will treat both the internal vaginal skin and the skin at the opening of your vagina.

You need three treatments spaced about three weeks apart. Your provider may recommend annual treatments to maintain relief of your symptoms. Treatment with the MonaLisa takes about five minutes.

Recovery from MonaLisa laser therapy is quick. You can continue with your day as normal. Your vagina may feel a little irritated or uncomfortable. Applying ice packs or a lubricant may help if you feel discomfort. Avoid doing activities that cause you pain.

RISKS / BENEFITS

Treatment with MonaLisa Touch has been shown to cause significant improvements in vaginal moisture. It can restore a person's sexual intimacy and give them confidence again. MonaLisa Touch treatment is also beneficial for people who can't take estrogen. Treatment for vaginal dryness traditionally involved estrogen medications. This means people who can't take estrogen were left without relief options before MonaLisa Touch laser treatment.

Effectiveness

Studies show that over 80% of people are satisfied or very satisfied with the treatment results. About 90% of people rate their improvement as better or much better. Many people say notice relief from vaginal dryness after just one treatment.

Side Effects

Side effects are mild and don't last longer than 36 hours. The most common side effects are:

- Irritation at your vaginal opening.
- Light bleeding.
- Pink or brown vaginal discharge.
- Itching or burning sensation when you pee.
- Swelling or redness at your vaginal opening.

RECOVERY AND OUTLOOK

Most people return to their normal activities the same day. You should refrain from intercourse for three days. You can expect to have mild irritation or discomfort for 24 to 36 hours. Discuss specific recovery instructions with your provider so you know what to expect. Contact your healthcare provider if you have uncomfortable symptoms due to vaginal dryness. They can talk to you about possible treatment options, including treatment with MonaLisa Touch.

Treatment Cost

Your insurance doesn't cover MonaLisa Touch treatment. The exact cost of treatment depends on your location and provider. Some people may need up to five sessions initially. Most people need to return every 12 to 18 months for touch-ups. Be sure to talk to your provider about what you can expect to pay for treatment. At Vahora Gynecology we offer financing options through Affirm. <https://www.affirm.com>

AFFIRM

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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 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!

Alzheimer's Disease & Brain Health

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

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

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

Interventional Research

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

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

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

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

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



Diet

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

Aston Gardens offers a memory care facility on their Tampa Bay Campus.

Aston Gardens

Aston Gardens is also one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

Aston Gardens At Tampa Bay is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-343-4673 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

Hyperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

Hyperbaric oxygen therapy is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the regenerative processes and assists in the recovery from numerous indications.

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹ A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.²

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees, and off-label use is always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

Patient Testimonials

"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."—Rachel W.

"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"—Thomas P.

"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGio."—Tyler Z.

"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."—The Payne Family

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis." UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

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



GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause.

There is a common misconception that ED is just another sign of aging, but that couldn’t be further from the truth. Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical evaluation and treatment from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED’s Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has



developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

it’s Never too Late

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be, but it’s not too late. GAINSWave has helped many patients with advanced ED conditions.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

Physical Medicine Center has many Google Reviews to Share with you. You can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa). We’ve highlighted a few:

“The minute you call the clinic you get the feeling that you are going to receive excellent treatment. They are very thorough and friendly. Dr. Lupo explains things thoroughly—is a place that I would highly recommend.”—Jose

“The staff of Physical Medicine are excellent. Their professionalism and knowledge of specific procedures being used I find very reassuring. I am trying to regain my ability to become “normal” again after prostate cancer and I am in treatment using the Gainswave technology along with the P-shot injections...”—Dan

“I have been coming to Physical Medicine Center for many years. I have a number of things wrong with my back, including Osteoarthritis, and a number of herniated discs. If it were not for Dr. Lupo and his great staff, I would have opted for some major back surgery years ago. Over the years, he has been able to let me enjoy a good quality of life, often with very little or no pain...”—Craig

DON’T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

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 813-607-5095 to schedule your appointment.

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Liver Health and Therapeutic Agents

By Dr. Eric Pearson, Chief Medical Officer, Vetirus Pharmaceuticals

Your liver health may not be top of mind, but the minute it malfunctioned there wouldn't be much else on your mind. Cirrhosis, in which liver cells are replaced with scar tissue, can prevent your liver from doing its critical jobs. So can nonalcoholic fatty liver disease, a fast-growing epidemic among the obese, which can lead to cirrhosis. If your liver stopped working, toxins would accumulate, you couldn't digest your food and medications would never leave your body.

In fact — you can't live a week without your liver. "It's an organ you could easily trash if you don't take good care of it," says Rohit Satoskar, MD, of the MedStar Georgetown Transplant Institute. "And once you trash it, it's gone." Your liver is about the size of a football and sits under your lower ribcage on the right side. It has several important things to do. It helps clean your blood by getting rid of harmful chemicals that your body makes. It makes a liquid called bile, which helps you break down fat from food. And it also stores sugar called glucose, which gives you a quick energy boost when you need it.

There's nothing tricky about keeping your liver in good shape. It's all about a healthy lifestyle, says Ray Chung, MD, medical director of the liver transplant program at Massachusetts General Hospital. "Taking care of your liver is far more about avoiding what's bad than it is about eating or drinking things that are particularly nourishing to the liver," he says.

The liver is your body's largest internal organ, weighing between 3 and 5 pounds. Your liver is located on the right side of your upper body, below the lungs, taking up most of the space in your rib cage. The gallbladder, which stores bile made in the liver, is found tucked under your liver. Your liver is made up of two separate sections, or lobes: the larger right lobe and the smaller left lobe. These two lobes are separated by tissue which anchors your liver in place.

Unlike the lungs or heart, we cannot feel our liver working. Your liver is an incredibly hard-working organ with more than 500 different vital functions. Only your brain has more functions than the liver. Many of the liver's functions are related to your metabolism. These metabolic functions allow you to convert food to energy, break down food to basic building blocks needed by your body and eliminate waste.



The liver...

- Produces bile
- Produces proteins for blood plasma
- Produces cholesterol and special proteins to help carry fats through the body
- Converts unused glucose into glycogen for storage
- Regulates levels of amino acids in blood
- Stores iron processed from hemoglobin
- Converts poisonous ammonia, made during digestion, to urea
- Processes drugs and other poisonous substances to your body
- Regulates blood clotting (or our ability to stop bleeding)
- Fights infections by making immune factors and removing bacteria from the bloodstream
- Removes bilirubin from red blood cells

Non-alcoholic fatty liver disease (NAFLD) is one of the most common chronic liver diseases. Astaxanthin, the active ingredient in Mitopak is a carotenoid, and beneficial effects of astaxanthin, including anti-oxidative, anti-inflammatory, and anti-tumor activity, have been identified.

Studies have shown that most carotenes have anti-aging, free radical scavenging, antioxidant, and anti-cancer effects, and have been widely used in the fields of medicine, food, cosmetics, and feed. Astaxanthin is the only carotenoid to penetrate the blood-brain and retinal barriers. It is frequently used as an antioxidant to treat brain injury and cardiovascular diseases and has been extensively studied in clinical practice. In addition, astaxanthin has shown anti-cancer effects in many cancers, including liver cancer, colon cancer, bladder cancer, oral cancer, and leukemia. In addition, many animal experiments have proved that astaxanthin plays an important role in regulating sugar metabolism, improving immunity and improving motor function.

The Role of Astaxanthin in Liver Diseases

Astaxanthin has been used in the prevention and treatment of a variety of systemic diseases in vivo due to its various biological activities. In recent years, researchers have confirmed that astaxanthin plays an important role in preventing acute liver injury, alleviating insulin resistance and NAFLD, liver fibrosis and liver cancer.

Liver Fibrosis

Liver fibrosis is a key link in the deterioration of chronic liver diseases such as viral hepatitis and fatty liver. Without effective intervention, 75–80% of these diseases can develop into cirrhosis, which seriously endangers human health. The reversibility of these factors also provides an important research target for the reversal of hepatic fibrosis. The mechanism of liver fibrosis is complex, involving the regulation of histopathology, cytology, cytokines, and their molecular levels. Mitopak can potentially prevent and treat liver diseases by inhibiting inflammation and improving glycolipid metabolism at the mitochondrial level.

Vetirus Pharmaceuticals is based in Naples, Florida and London, England and are focused on searching the world for developing Natural Biologics to advance their mission of changing the way we age in both human and veterinary medicine with purity and precision.

MITOPAK
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The Dry Eye, Cosmetics & Anti-Aging Face Cream Connection

By Bo Martinsen, MD

Dry eye complaints are on the rise worldwide – but there's a poor correlation between dry eye sufferers' subjective experience and what medical tests detect. What can explain the disconnect?

Many factors – including age, gender, air pollution, computer use, and contact lenses – play a role in dry eye problems. But few are aware of another driver: The exploding use of cosmetics and anti-aging face creams.

The TRP System: A Revolutionary Discovery for Dry Eye Management

Scientists have long recognized that regular use of cosmetics and preservative-laden skin products influence eye health. Commonly, it's thought that eye irritation might be due to cosmetic and face cream ingredients migrating onto the ocular surface.

But there is also another mechanism at work.

In 2021, the Nobel Prize in Physiology or Medicine was awarded for the discovery of special TRP ion channels. The TRP system helps explain why the products we put on our face impact our eye health.

In short, beauty products activate special TRP ion channel receptors that trigger pain and inflammation.

How the TRP System Works

On the ocular surface and the skin around our eyes, we have lots of TRP ion channels. These channel receptors sense environmental factors, like temperature, pressure, pH levels and chemicals in our surroundings. They then send this information to the brain to compose a response, like blinking or tearing, via the trigeminal nerve.

The ocular surface and eye tissue are densely "innervated" with TRP systems, which is why these areas are so sensitive to the environment.

Unfortunately, the TRP system can get disrupted. Dry eye sufferers typically exhibit TRP imbalances in their ocular tissue. This makes the eye less able to adjust to environmental changes.

There are at least 28 different types of TRP channels, and many of them are involved in dry eye symptoms.



How Anti-Aging Creams Become Dry Eye Producers
Vitamin A derivatives, or retinoids, are among the most common ingredients found in anti-aging creams. They're typically thought to reduce wrinkles and improve skin appearance after initial irritation.

Unbeknownst to many, retinoids can contribute to Meibomian gland dysfunction and eye discomfort – even when applied far away from the eye. This could be because retinoids stimulate at least one type of TRP (TRPV1), which initiates inflammation.

If the skin around the eye experiences chronic, low-grade inflammation, havoc can develop over time. It can cause discomfort and a poor tearing response – common symptoms of dry eyes.

Other common skin cream ingredients – like the preservative phenoxyethanol – also stimulates TRPV1. As do external factors like UV radiation and air pollution. These factors are already known drivers of dry eyes, and the TRPV1 connection can help explain why.

Chronic stimulation of TRPV1 and the resulting inflammation may have consequences for not just the eyes, but the skin too. Some experts worry that while retinoids can smooth wrinkles in the short-term, high doses and prolonged use may actually accelerate skin aging over time.

Interestingly, a variety of skin problems, like rosacea and photodamaged skin, are also characterized by over-stimulated TRPV1 and strongly correlated with dry eye problems. That's a good reason to address both skin and eye issues at the same time.

Read the Ingredients

If you struggle with dry eyes, take a close look at your skincare products. Do they contain retinoids or harsh preservatives, like phenoxyethanol? If so, it might be time to look for something new.

The good news is that certain ingredients are TRPV1 inhibitors, meaning they can help reduce inflammation. TRPV1 inhibitors include omega-3s, melatonin, as well as many antioxidants and plant extracts. In the right ratios and doses, these ingredients can provide a calming effect and support eye and skin moisture.

These kinds of ingredients are now starting to make their way into eye care-oriented skin products, like Barristrong®. However, it's important to note that since the TRP system is complex, all of the ingredients have to work in synergy to successfully reduce inflammation and support eye comfort.

For references and to learn more, visit omega3innovations.com.

Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for over 20 years.



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HUNGRY HEART

By Alex Anderson

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.



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