

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

November 2023

Pasco/North Tampa/New Tampa Edition - Monthly

www.healthandwellnessFL.com

FREE 

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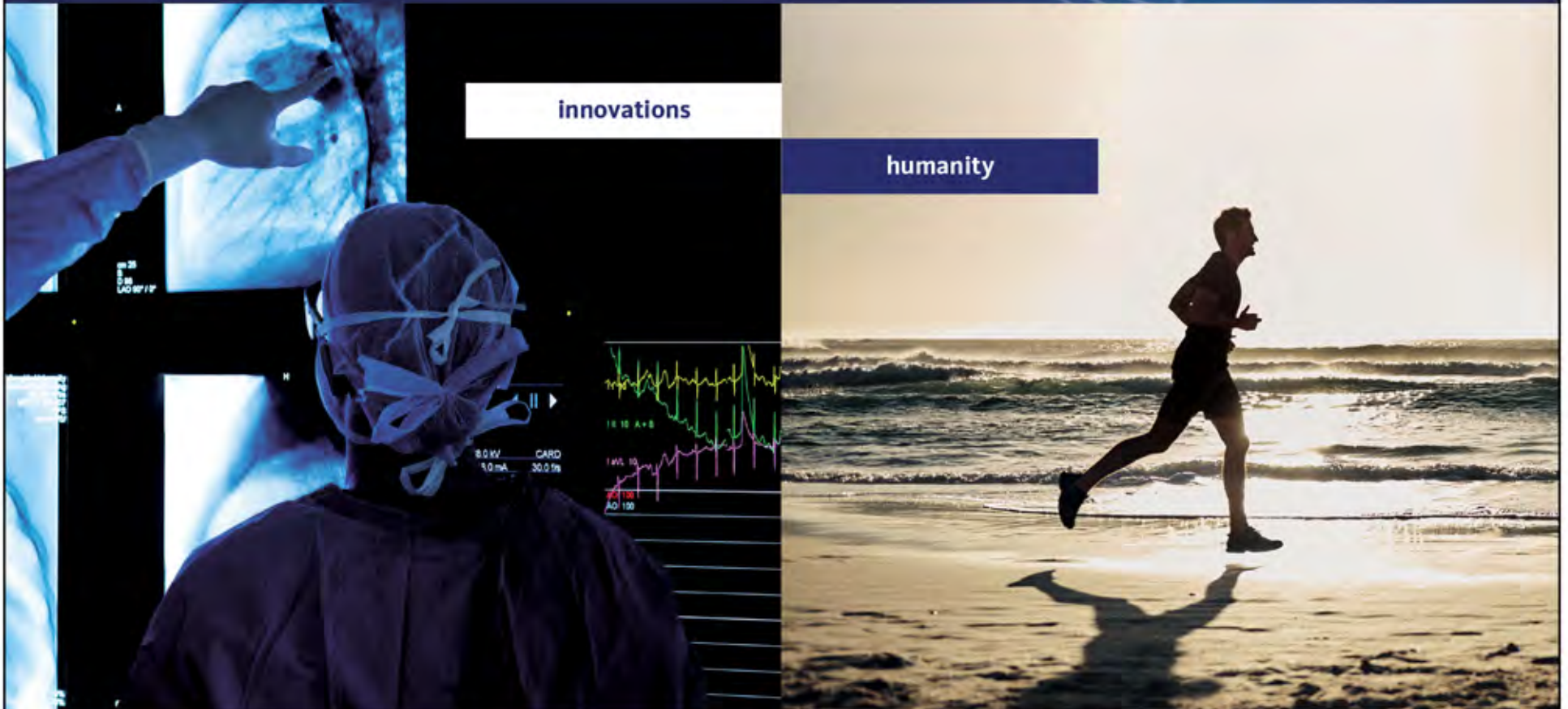
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Supporting the Community: BayCare's Initiative to Tackle Food Insecurity

Food insecurity is a top health priority across the four counties that BayCare serves, and since launching the 'Healing Bags' program in partnership with Feeding Tampa Bay, numbers show the problem continues to be widespread and can affect anyone.

According to Thomas Agrusti, BayCare's community benefit analyst, the Healing Bags program began at Winter Haven Hospital and progressively rolled out system-wide throughout 2021. The program expanded to all BayCare emergency departments in 2022.

In March 2023, the nursing team took on the role of asking 100% of BayCare inpatients about food insecurity, resulting in substantial increases in the number of Healing Bags distributed.

To date, BayCare has distributed more than 14,000 Healing Bags, and approximately 65% of recipients are financially disadvantaged. Racially, 48% of recipients identify as a minority and 15% of Healing Bags are provided to patients under the age of 18. "This demonstrates that the program effectively targets low-income households while also addressing food insecurity among older adults and families who may be living on the edge," Agrusti explained.

Hospitals like Morton Plant North Bay (MPNB), where Kellene Lindemann works as the ER assistant nurse manager, recently experienced a record week in distribution this summer, handing out 25 bags in just seven days.

"There's a lot of people that need our help. There's a lot of people with little to no resources that are just trying to get by right now and having these bags that we can give out, while it's not fixing the problem completely, it helps them get through a tough time," Lindemann explained.

Each Healing Bag is filled with nonperishable food items tailored to meet the specific needs of different individuals. The food insecurity bags come in two varieties: one is designed for patients who have access to a kitchen and can prepare meals themselves and includes items like rice and pasta.



The other bags are for individuals who lack cooking facilities, such as those experiencing homelessness. These bags contain ready-to-eat food that can be consumed without the need for any additional preparation.

With the help of the nursing staff and registration team, patients are screened for food insecurity. If a patient indicates they have needs and would like support, the hospital's team delivers a Healing Bag to the patient upon discharge. Case managers also work to connect these patients with locating longer-term food access and additional resources in their neighborhood after they leave the hospital.

"The need for help, especially here at North Bay, is real and the desire to help people is also undeniably real," Lindemann said. "Whether it is through financial aid to alleviate hospital bills, access to community healthcare resources, or the distribution of food insecurity bags, our team members are determined to make a positive impact."

The program is available to inpatients as well as emergency department patients across all of BayCare's 16 hospitals.



Overcoming Decades of Pain: JOHN'S JOURNEY TO WELLNESS

Chronic pain can be a relentless companion, diminishing our quality of life and limiting our activities. Brandon, a dedicated caretaker and avid golfer, knows this all too well. For two decades, he wrestled with neck and back pain, with a more recent elbow injury that threatened his passion for golf. In addition to his own well-being, John shoulders the responsibility of caring for his wife and parents, making it imperative for him to seek relief. Brandon's journey to recovery, with the help of our medical team, is a testament to the transformative power of regenerative medicine and dedicated lifestyle changes.

A Decades-Long Battle

John's struggle with pain began over 20 years ago, plaguing him daily. His low back pain became an unwelcome companion that drained his energy and compromised his ability to enjoy life fully. As a loving caretaker for his wife, who battles an unspecified ailment, and his aging parents, his pain had far-reaching implications, making it essential for him to find a solution.

Adding to his woes, a more recent elbow injury, likely stemming from his love for golf, added to the list of physical challenges he faced. Playing the sport he cherished became increasingly difficult, and the pain threatened to overshadow one of his most cherished pastimes.

Seeking Relief

With a determined spirit, John turned to our medical team for help. He recognized that regaining his health was not only important for himself but for the well-being of those who depended on him. His journey commenced in January, with a specific focus on addressing his low back, neck, and elbow pain.

Our team began a comprehensive treatment plan that combined advanced therapies, including plasma and stem cell treatments, with lifestyle modifications. The objective was to provide John with a holistic approach to address both the symptoms and the root causes of his pain.

A Multifaceted Approach

The road to recovery for John was neither quick nor easy. It demanded patience, dedication, and the willingness to embrace change. John, determined to reclaim his life, wholeheartedly engaged with his treatment.



Daniel Sucherman, MD

The medical team worked closely with John, tailoring his treatment plan to suit his unique needs. This approach emphasized the relief of his low back pain as a top priority. Gradually, his neck and elbow pain were also addressed, ensuring a well-rounded solution.

As John's treatment progressed, he began to feel a significant reduction in pain. It wasn't just the medical interventions that made the difference, but also the lifestyle changes he embraced. An anti-inflammatory diet became a cornerstone of his journey, nourishing his body with the right nutrients and mitigating the factors that exacerbated his pain. Low-impact exercises played a crucial role in his rehabilitation, strengthening his body and supporting his overall well-being.

Golfing Dreams Restored

After undergoing months of treatment and diligently following his lifestyle modifications, John experienced a profound transformation. His commitment to the process was unwavering, and his resilience paid off.

Three months after starting his treatment, he joyfully reported that his low back pain, the most pressing issue, was nearly resolved. The pain that

had haunted him for two decades was finally losing its grip on his life. Perhaps even more significantly, John was able to return to the golf course, indulging in the sport he loved with newfound enthusiasm.

A Life Transformed

But the story didn't end there. John's journey was far from over. In his pursuit of holistic wellness, he embraced a complete lifestyle overhaul. He recognized that his pain-free life wasn't just a result of the treatments he received but also of the active role he played in his recovery.

John's 6-week follow-up was a testament to the power of regenerative medicine and the dedication to a healthier lifestyle. He reported that he was doing exceptionally well and, most importantly, that he was free from pain. The relief was not just physical; it extended to every aspect of his life. The burden of caregiving was lighter, and the joy of playing golf once more was a source of immense satisfaction.

John's journey to recovery is a poignant reminder that chronic pain doesn't have to be a life sentence. With the right medical care, a committed patient, and the right lifestyle choices, it is possible to regain one's quality of life and pursue long-held passions. John's story serves as an inspiration for anyone battling chronic pain, showing that with perseverance, the right treatments, and the right attitude, a brighter, pain-free future is within reach.

John's remarkable transformation is not just his story; it's an example of what can be achieved when individuals take charge of their health and seek the right support. It's a testament to the power of modern medicine and the potential for a better, pain-free life.

If you or someone you know is dealing with chronic pain, remember John's journey and the hope it brings. With the right treatment and the determination to make necessary lifestyle changes, you too can overcome the limitations of chronic pain and embark on a path to wellness.

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NON-SURGICAL REGENERATION

YOUR FAMILY MEDICAL HISTORY CAN UNLOCK VALUABLE TREATMENT OPTIONS

By Parveen Vahora, M.D.

Your family's medical history holds valuable insights into your health journey. From potential genetic predispositions to early detection of health conditions, the information encapsulated in your family tree can profoundly shape your healthcare experience. Sharing this medical history with your healthcare provider is not just a routine task but a vital step in ensuring personalized care. In this article, we delve into why patients must share their family medical history with their medical providers, exploring how it influences treatment decisions, guides preventive measures, and empowers individuals to make informed choices about their well-being. Let us unravel the significance of this often-overlooked aspect of healthcare.

- **Genetic Predispositions:** Family medical history can reveal potential genetic predispositions to certain health conditions.
- **Early Detection:** Some diseases and conditions have a hereditary component, aiding in early detection through screenings and tests.
- **Treatment Decisions:** It can influence treatment decisions, guiding the choice of medications, therapies, or surgical procedures.
- **Preventive Measures:** Allows for personalized advice on lifestyle modifications to reduce the risk of developing certain conditions.
- **Screening Recommendations:** Guides healthcare providers in recommending appropriate screening tests.
- **Informed Decision-Making:** Patients can make more informed healthcare decisions.
- **Research Opportunities:** Sharing can lead to research opportunities and contribute to scientific knowledge.
- **Proactive Care:** Patients can proactively approach their health, seeking advice promptly.
- **Healthcare Costs:** Early prevention and detection can potentially reduce long-term healthcare costs.
- **Emotional Support:** Provides emotional support and a sense of connection with family members facing similar health challenges.

If you are unsure of your complete family medical history, the MyRisk Myriad can help. Myriad MyRisk is a genetic test offered by Myriad Genetics, a company

specializing in molecular diagnostics and personalized medicine. This test is related to assessing an individual's genetic risk for diverse types of cancer, including those that primarily affect women. Here is how it relates to women's cancers:

1. Breast Cancer: Myriad myRisk assesses the risk of hereditary breast cancer. It can identify mutations in genes such as BRCA1 and BRCA2, which are associated with an increased risk of breast and ovarian cancer, particularly in women.

2. Ovarian Cancer: This test is also relevant to ovarian cancer risk assessment. Mutations in BRCA1 and BRCA2, as well as other genes, can increase a woman's susceptibility to ovarian cancer.

3. Uterine Cancer: While not as commonly associated with hereditary factors as breast and ovarian cancer, certain genetic mutations can elevate the risk of uterine cancer. Myriad myRisk may provide insights into this risk as well.

4. Other Women's Cancers: In addition to the above, the test may provide information about genetic predispositions to other cancers that can affect women, such as cervical cancer, fallopian tube cancer, and peritoneal cancer.

Myriad myRisk analyzes a wide range of genes associated with hereditary cancer syndromes. The results can help healthcare providers and individuals understand their genetic risk for these cancers, allowing for more personalized and proactive medical management. It is important to note that this test is typically recommended for individuals with a family history of cancer or other risk factors. It can guide decisions about surveillance, prevention, and treatment options for women at an increased risk of these cancers. Always consult with a healthcare professional for more information and guidance on genetic testing and cancer risk assessment.

Women with family history of cancer or personal cancer history are not candidates for hormonal therapy. Dr. Vahora offers many options for menopausal symptoms, painful intimacy, and the Genitourinary Syndrome of menopause, including but not limited to the Mona Lisa Procedure. The MonaLisa Touch procedure is a minimally invasive laser treatment to address vaginal atrophy and related symptoms.

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STOMACH CANCER

Stomach cancer, or gastric cancer, accounts for less than two percent of all new cancers diagnosed in the U.S. annually. It primarily affects older adults; 68 is the average age of diagnosis. According to the American Cancer Society, the lifetime risk of developing stomach cancer is higher in men (about 1 in 96) than in women (about 1 in 152). However, each person's risks can be impacted by many factors.

Once one of the leading causes of cancer deaths in the U.S. (and still one of the leading causes of cancer-related deaths in other parts of the world), the incidence rate of stomach cancer has dropped dramatically in the last 10 years. Researchers credit this to the increased use of refrigeration for food storage and the availability of antibiotic treatments that eliminate ulcer-causing bacteria.

Understanding the Stomach and Stomach Cancer

The stomach, a pouch-like organ in the upper abdomen, is an essential part of the digestive system. In fact, it is one of many organs in the abdomen (which many people call the belly area), including the small intestine, colon, liver, spleen and pancreas.

The esophagus delivers food to the stomach, which then mixes it, breaks it down and passes it on in small portions to the small intestine. The stomach wall is made up of several layers of mucous membranes, muscle fibers and connective tissue with blood vessels and nerves.

Nearly all stomach cancers develop from the gland cells in the innermost lining of the stomach (the mucosa) and tend to develop slowly over many years. There are many forms of stomach cancer. Pre-cancerous changes in the stomach often go undetected because, early on, they rarely cause any symptoms. Some symptoms are identical to conditions other than cancer.

Signs and symptoms can include:

- Poor appetite or weight loss (without trying)
- Abdominal (belly) pain, discomfort or swelling, usually above the navel (or belly button)
- Feeling full after eating a small meal
- Heartburn or indigestion
- Nausea or vomiting, with or without blood
- Trouble swallowing
- Blood in the stool
- Feeling tired or weak because of having too few red blood cells (anemia)
- Yellowing of the skin and eyes (jaundice) if the cancer spreads to the liver

If you have any of these issues for an extended period, especially if they don't go away or worsen, you should see your healthcare provider.



Currently, there are no routine screening tests to detect stomach cancer, although research is continuing. For adults who may be at higher risk due to chronic gastric issues, certain genetic syndromes or a family history of stomach cancer, doctors may recommend an endoscopy screening. This procedure views inside the esophagus, stomach and upper part of the small intestine to check for abnormal areas.

Reduce Your Cancer Risk

Smoking and a poor diet have long been associated with a higher risk of stomach cancer. Follow these tips for a healthy lifestyle and to reduce your risk for many forms of cancer:

- Avoid eating large amounts of salty foods, such as salted fish and meat or pickled vegetables
- Avoid eating processed, grilled or charcoaled meats on a frequent or regular basis
- Eat lots of fresh fruits (citrus fruits in moderation) and vegetables
- Avoid tobacco use
- Use alcohol in moderation; three or more drinks per day seems to increase the risk of stomach cancer

Treatments

There are many forms of stomach cancer, and the recommended treatment is determined based on the type and stage of the disease. Treatment may include surgery, radiation, targeted therapy or immunotherapy, which uses the body's immune system to disrupt the growth and spread of tumor cells.

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 advancements, 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.

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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.

Alzheimer's Awareness Month: PREVENTION

The number of individuals with Cognitive issue like Alzheimer's is staggering. Nearly 6 million people in the US have dementia and if we don't start taking prevention more seriously, that number is expected to grow exponentially.

Diet and Nutrition

Eating a healthy diet such as the Mediterranean or Dash diet has been proven to increase cognitive function. These diets include a large emphasis on cold-water fish, vegetables, berries, nuts, olive oil and antioxidants, phytonutrients, other healthy fats. Eating a colorful plate of vegetables like purple cabbage, broccoli, leafy greens, carrots, sweet potatoes, tomatoes, and blueberries paired with healthy fats like olives, walnuts and fatty fish like salmon or mackerel, will feed your body and brain with what it needs to thrive.

Exercise

Exercise is critical for brain health. Just a few minutes a day shows marked increases in oxygen uptake in the brain as well as increasing blood flow. As we age, we should continue to exercise and increase our cardiovascular endurance. Getting help from a trainer, physical therapist, and also checking in with your physician is important.

Sleep

Getting a good night's sleep is critical for optimal health. The side effects and Complications Associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. Getting 6 to 9 hours of good quality sleep is critical.

Socialization and Community

It's important to have a strong social network of people to enjoy life with you. Our personal communities should be our safe haven, where we engage, and support one another. If you don't have a strong social network, it helps to join a club, yoga class, art class, attend town meetings or volunteer. Zoom and facetime, or even a phone call are great ways to incorporate socialization if you can't meet face to face.

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.

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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:

- 1) Superior Communication
- 2) Team Member Training & Certification
- 3) My Story, a Personalized, Biographical Journey
- 4) Specialized Dining Programs
- 5) Life Enhancement Experiences
- 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.

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By Discovery Senior Living

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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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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!



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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. #PrayforGia."—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**
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Dr. Sunil Panchal

A PATIENT'S EXCRUCIATING BACK AND LEG PAIN...

Relieved in One Day!

One year ago, David was lifting a fire pit in his back yard and fell to the ground in infuriating pain. He could not get up as the pain was completely unbearable. EMS transported him to the emergency room, and he was admitted to the hospital. David had a herniated disc and was prescribed pain medications and discharged.

"The pain medications worked for a while, but eventually, the pain returned, and I had excruciating pain in my left leg as well." Said David.

After seeing multiple doctors, including a spine surgeon, and getting CT scans, ultrasounds, and MRIs, no one could figure out why David's pain was so immense, and they also had no idea why his left leg was painful, even more so than his back. Unable to accurately diagnose and treat him, David was left to suffer for another five months.

His Primary care physician finally referred him to a pain specialist that has been helping numerous patients find relief through regenerative and alternative procedures. Dr. Panchal is the founder of the National Institute of Spine and Pain.

David continued, "At the very first visit that I had with Dr. Panchal, he looked over my images and immediately knew the root cause of my pain, and he explained to me in full detail exactly what he needed to do to relieve it."

From the images, Dr. Panchal saw that David had a nerve that was being impinged and compressed by spinal neural foraminal stenosis of L3. Spinal neural foraminal stenosis refers to the narrowing of the foramen, which are small openings between each vertebra in the spine. Nerve roots pass through the foramen, so in David's case, his nerve was severely compressed in the gap and causing him unyielding leg pain along with lower back pain.

Dr. Panchal explained that David needed a procedure to shave the disc down to relieve the pressure on the nerve. The procedure is called endoscopic discectomy and decompression of the nerve root.

This procedure is performed while the patient is under light anesthesia, which allows open communication for patients to express pain thresholds with Dr. Panchal. David was not happy about having to have any surgery, even though Dr. Panchal explained that it was minimally invasive. After two months, David decided he needed to do it to relieve his daily pain that was disrupting his life.

David told us that after the surgery, which was this past December, he has no pain! David no longer needs pain medications, and he is back to living the quality of life that he and his family enjoy, pain-free with complete resolution.

Endoscopic discectomy and decompression is an outpatient procedure done under x-ray fluoroscopy to remove herniated disc material through a small, half-inch incision. It's done under light sedation and local anesthetic.

A 3-D video is used to guide guidance, tiny instruments through an endoscopic probe. The procedure takes approximately an hour and causes minimal discomfort, and a small bandage is usually enough for the closure of the tiny incision.

Dr. Sunil Panchal of the National Institute of Spine and Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk

of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

"The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development." said, Dr. Panchal.

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection

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 and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

At The National Institute of Spine and 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 and Pain

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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they



knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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