

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

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South Tampa Edition - Monthly

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Below are just a few of the most common health issues that Dr. Kim treats:

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- Knee • Neck • Sciatic • Arthritis

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NEUROLOGICAL

- Peripheral Neuropathy • Bell's Palsy
- TMJ • Stroke

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

MEN'S HEALTH

- Overall Men's Health • Prostatitis • Fertility

RESPIRATORY

- Common Cold • Allergies • COPD

IMMUNE SYSTEM

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- Cold & Flu • Fatigue • Immune Support

DIGESTIVE

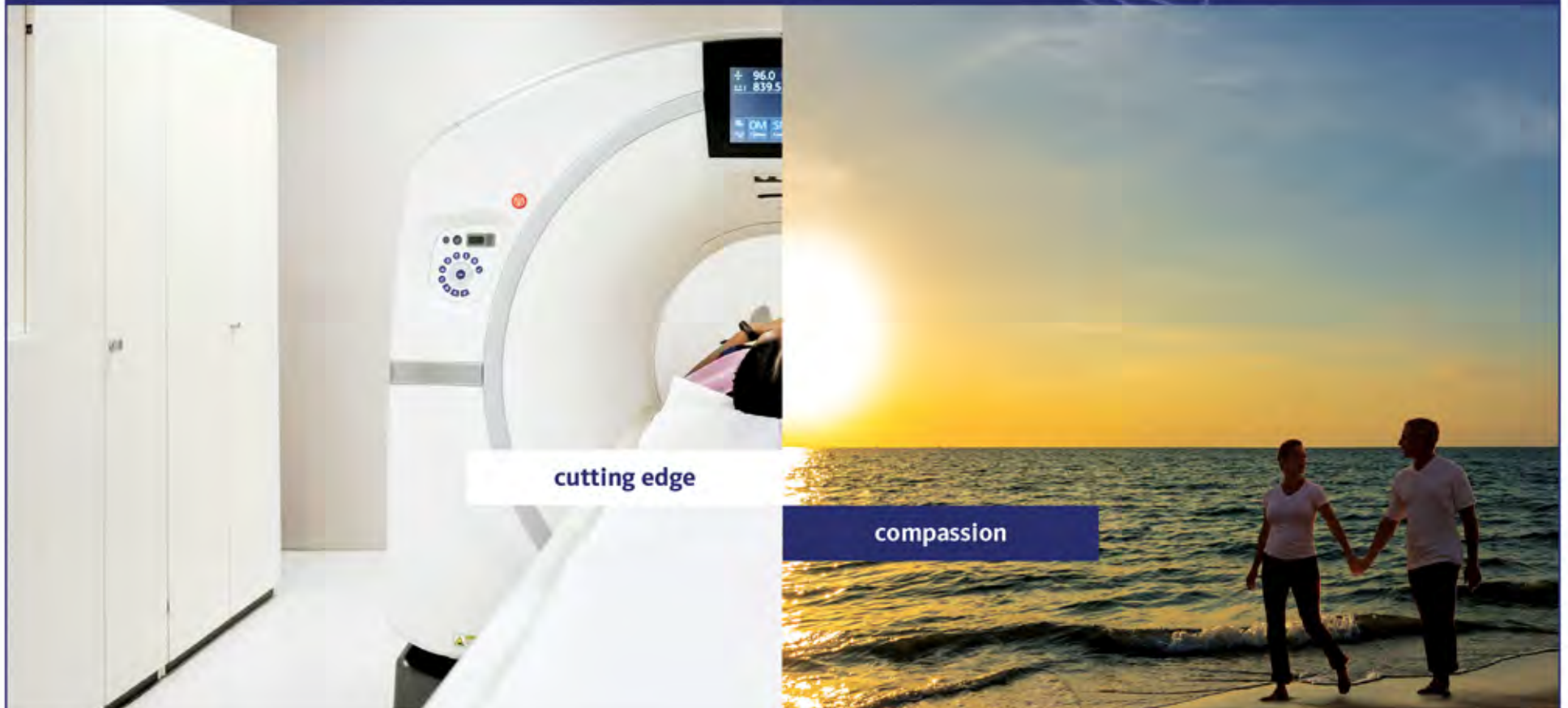
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SCAN ME

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BayCare Kids Launches Movement to Support Children's Mental Health in West Central Florida

On Our Sleeves gives adults materials to start conversations with children and teens, break stigmas and prevent mental health crisis.



To address the growing children's mental health crisis by promoting wellness and early intervention, BayCare Kids is bringing *On Our Sleeves*, a national movement for children's mental health, to West Central Florida.

On Our Sleeves is based upon a simple concept: children don't wear their thoughts on their sleeves. It can be hard to tell when they are struggling with mental health. *On Our Sleeves* provides free, easy-to-use educational tools and resources to help parents and caregivers start conversations, boost mental well-being and break stigmas associated with children's mental health. Each of the icons featured in *On Our Sleeves*' materials represents a thought or feeling that can spark a conversation.



"Families today need all the support they can get," said Dr. Christine Canody, medical director of BayCare's Pediatric Service Line. "We're providing tools and resources to help adults better understand their child's mental health before it becomes an emergency."



Nationally, one in five children is living with a significant mental illness, and half of all lifetime mental health concerns start by age 14. To address the need for accessible resources, Nationwide Children's in Columbus, Ohio, launched *On Our Sleeves* in 2018. Since then, their free, evidenced-informed educational resources have reached more than 2 million people.

"BayCare is a proud partner in this effort to break stigmas and start conversation," said Lisa Bell, director of community benefit for the health system. "As the largest provider of behavioral health services in the region, we want to support parents, grandparents, teachers, physicians and all who are committed to caring for our youth."



There are several ways to get involved. Visit BayCareKidsOnOurSleeves.org to:

- Sign up for our monthly e-newsletter, featuring actionable, timely mental health information
- Download tips and tools to help facilitate conversations with kids and teens
- Learn how to recognize and respond to children in or at risk of crisis



"As a pediatrician I hear directly from parents who are concerned about their children's wellbeing," Dr. Canody said. "Our goal is to ensure every family has access to these valuable resources. From conversation starter ideas to mental health resources at BayCare and in the community, *BayCare Kids On Our Sleeves* has something to offer anyone closely involved in the next generation."



BayCareKids.org

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.

If you or someone you know might benefit from regenerative medicine treatments with QC Kinētix visit us at www.qckinetix.com/suncost or call us at 727-605-2525.

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NON-SURGICAL REGENERATION

INCREASE YOUR HEALTHSPAN AND DECREASE AGING EFFECTS WITH INNOVATIVE TECH FOR MUSCULAR CONDITIONING

Please Note: A version of this article was originally published on the NeuPTtech blog.

The graying baby boomer generation is not only reshaping the face of senior communities, but it's also putting a spotlight on geriatric health and rehabilitation.

As this generation continues to age, the focus on maintaining physical strength and functionality is growing in importance. While exercise remains a go-to remedy for muscle weakening, not all aging individuals can benefit from traditional methods of strength and conditioning. This is where the NEUBIE (Neuro-Bio-Electric) stimulator can offer an alternative, effective solution.

The Current Challenge in Rehabilitation

As we all know, muscle strength naturally declines as you age. While exercise seems like an obvious remedy, many aging individuals find it challenging due to limited mobility, pain and other health complications.

The challenge for healthcare providers is to find a rehabilitation solution that stimulates muscle recovery and strength without exacerbating pain or risking further injury. Essentially, providers must offer low-impact exercises targeting key muscle groups while preserving the integrity of everything else.

Unlocking the Secret Behind Muscle Weakness in Seniors

Recent research explored the underlying reasons behind muscle weakness in aging patients. Surprisingly, the issue isn't just with the muscle's structural integrity. A study involving 66 adults in their 70s utilized electrical stimulation to gauge muscle engagement. The results were enlightening: if a muscle generated more force post-stimulation, the lack of strength wasn't due to the muscle's inherent condition but to other factors, possibly the nervous system.

Research Backing New E-Stim Technology

In recent years, the potential of the NEUBIE device has garnered significant attention from researchers and clinicians alike. A groundbreaking study conducted by the University of South Florida underscored its transformative capabilities.



The findings of this study suggest that muscle growth isn't solely dependent on exercise intensity, rather on adequate muscle activation and fatigue.

This means that patients no longer have to be constrained by traditional high-load exercises. They can achieve maximal muscle growth using e-stim devices like the NEUBIE. Especially for geriatric patients, the NEUBIE promises effective muscle training without the risk to ligaments, tendons and joints

Overwhelming research supports the effectiveness of e-stim technology in improving muscular strength and function. Across clinical research studies, e-stim devices successfully improved muscular strength by 1% and muscular function by 10% to 15% after five to six weeks of treatment.

In a four-month study spread over 48 sessions on patients over the age of 75, electromyostimulation (EMS) increased the rectus femoris cross-sectional area (the muscles that flex the knee and the hip joint) by an average of 30%. The study found that EMS improved anabolic pathways (energy generation) while preventing the breakdown of cells.

All studies tend to conclude that e-stim therapy is effective and safe for human patients. In particular, the NEUBIE stands out in the domain of e-stim with its innovative approach. Not only does it automatically adjust to a patient's needs, but it also offers a superior level of precision, making it even more effective than other e-stim devices currently available on the market.

The NEUBIE's Relationship to Lifespan & Healthspan

In our quest for longevity and a vibrant life, we often overlook the critical relationship between muscle strength, overall health and the aging process. While many of us yearn for extended lifespans, the true value lies in prolonging our "healthspan" — the years we can actively enjoy without debilitating health constraints.

The innovative NEUBIE device promises a breakthrough in this realm, providing a holistic approach to age-related muscle decline and its wider implications on our life's quality and duration.

Dr. Eric Crall, a leading physician in the Tampa Bay Area who runs a longevity center focused on healthy aging in Tampa, FL, offers insight on this: "Longevity science is rapidly evolving to identify the metrics that predict lifespan, and at the top of the list are optimal metabolic health and lean body mass/functional strength. Our understanding of muscle, not only for its importance in structural support of our skeleton and mobility and prevention of injury, but also as the largest reservoir for glucose in our body influencing when we experience the onset of poor metabolic health, are key advancements in the area of healthy aging."

Not only does functional muscle strength improve our lifespan, but studies suggest that it can also improve our healthspan.

Dr. Crall cites recent research behind the NEUBIE as promising for the aging population, "The studies referenced represent important advancements in our understanding that it is not just using our muscles, but e-stimulating them selectively as the NEUBIE can do, that prevents atrophy and can also maintain the metabolic activity of the muscle."

Maintaining muscular strength with age can be achieved through the NEUBIE, even when confronted with injuries or other health complications.

The NEUBIE: A Technological Advantage For Muscular Health & Aging

The NEUBIE device offers a solution by focusing on the neuromuscular system. Through its advanced e-stim technology, the device stimulates muscles, increasing blood circulation, preventing muscle atrophy and relieving chronic pain. Most importantly, it addresses the root cause of muscle deterioration, allowing aging patients to rebuild strength without causing further stress or harm.

As healthcare evolves, devices like the NEUBIE bring hope to seniors seeking a healthy and active lifestyle. By targeting the neuromuscular system, the device ensures that individuals don't just live longer, but they live better.

Get Started with a Free NEUBIE Assessment

Would you like to experience an easier, effective way to strengthen your muscles as you age? The solution is in Tampa, Florida at Competitive Edge Performance Physical Therapy.



Just mention this article to schedule a free assessment with the NEUBIE by calling (813) 849-0150 or visiting www.goceppro.com to explore how physical therapy with the NEUBIE can redefine muscle strength and aging for you to increase your healthspan!

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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).

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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!



GAINESWave 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 Gain-wave 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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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.

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

SHINE® Memory Care

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

- 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.

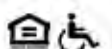
Aston Gardens At Tampa Bay is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge 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.

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



By Discovery Senior Living

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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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