

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

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Pasco/North Tampa/New Tampa Edition - Monthly

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- Knee • Neck • Sciatic • Arthritis

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- Hypertension • Hypotension • Palpitations

NEUROLOGICAL

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

WOMEN'S HEALTH

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

MEN'S HEALTH

- Overall Men's Health • Prostatitis • Fertility

RESPIRATORY

- Common Cold • Allergies • COPD

IMMUNE SYSTEM

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

DIGESTIVE

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

ADDICTION

- Drugs • Alcohol • Nicotine

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CONTACT US

OWNER / ACCOUNT EXECUTIVE

TAMPA/PASCO - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

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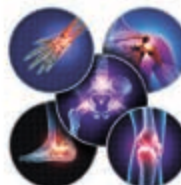
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Repair and Restore with QC Kinetix

By Daniel Sucherman, MD

The noise of chronic pain can relentlessly invade everyday activities. It's a loud, unwelcome voice when we're trying to sleep, when we rise from bed, and when we attempt to shower or dress. It complicates our ability to commit to social and recreational activities ahead of time, not knowing how we'll feel when the time comes. The natural response to pain is to recoil from it, and when the source is internal, it can cause significant anguish for those unable to find retreat.

The Body Heals Itself

Often, in speaking with patients, chronic pain equates to a loss of functionality, independence and quality of life. Small aches and pains or periods of stiffness are expected as we progress through life, but when pain becomes pervasive and takes over, it becomes time to prioritize yourself so you can repair and restore what you've lost. Classically, management of pain has been largely symptom-based and has led to widespread use of pain medication, temporary fixes like steroids, or even surgery, but newer better options do exist to alleviate the symptoms of degenerative conditions and chronic injuries. In particular, we can harness and enhance the natural capabilities of the body to heal itself.

Michael's Bad Back

Michael is a recent success story from one of our clinics in the Tampa Bay region. He arrived at our clinic wearing a brace and using a cane to walk after a long history of low back pain. His MRI showed bulging, herniated discs, facet joint osteoarthritis in his lumbar spine, and sacroiliac (SI) joint arthritis. Surgeons told him his only option was to permanently fuse most of his back with metal screws and rods which would have left him with limited mobility. Even after that, they told him he still had a chance of Failed Back Syndrome and a lifetime of terrible chronic pain.

Michael Finds QC Kinetix

Michael chose to get a free second opinion from QC Kinetix. His comprehensive exam with the medical team included reviewing his imaging, going over the



details of his complete history, performing a targeted physical exam, and utilizing live ultrasound to examine his soft tissue. Michael learned that he was a candidate for regenerative medicine and began a custom 6-month treatment protocol the same day.

Finally Pain-Free

After undergoing treatments at QC Kinetix, he recently returned to our clinic for a follow-up visit, walking without a brace or cane, excitedly sharing how he had traveled home for the Thanksgiving holiday and received many comments from family about how well he was moving.

Patients like Michael are common for us at QC Kinetix, and we see them get better each day using products derived from their own blood and bone marrow.

How Regenerative Medicine Works

When we injure parts of our body with good blood flow (think about biting your tongue, for instance), the body remains capable, throughout the lifespan, of sending healing factors to the damaged tissue in a choreographed manner so that the injury can be resolved. Most of the chronic pains

that we see involve body tissues that receive poor blood flow and so they cannot heal as fast as they are damaged (think of aging joints or the ligaments that hold our bones together). When we capture these healing factors, process them same-day in our in-office lab and inject them into the injured area, we provide the body the ingredients it needs to heal its own injury.

Schedule Your Appointment Today

If you or someone you know is suffering from chronic pain, remember that better options do exist to help you embark on a path to wellness. Our consultations are complimentary and we are happy to provide you with a thorough exam and second opinion.

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Preparing for 2024

It's hard to believe that it will soon be 2024. While many of us are looking forward to waving goodbye to 2023, there are things that you can and should do now to prepare for the new year ahead.

Start scheduling your medical appointments now. Florida is booming, and with all of the new people in town, it can be quite difficult to get in to see your screenings (mammogram, prostate, lung, etc.), dentists, doctor and other specialists' appointments. Don't wait until the last minute. Start calling and scheduling these important checkups now.

Update your investment portfolio. Now is a great time to meet with your broker to discuss any new investments or changes to your portfolio.

Plan your trips soon. Since we are able to travel fairly easily again, start thinking about and planning your trips with friends or family now. Even if it's a local vacation, beating the crowd early is the key to getting exactly what you want.

Implement health strategies now. It's never too early to begin focusing on your health and implementing healthy lifestyle habits like exercise and diet. You certainly don't have to wait until 2023 is official. Start walking, join a group fitness class, find healthy recipes online, and give your kitchen an overhaul with healthy foods.

Plan senior living community tours. If you're contemplating independent living or other senior living options, start researching and touring communities now. Again, with the influx of people into our sunny state, things can book up rather quickly. Make sure to bring your loved one or friends along to get their opinion too.

Enjoying Your Senior Years Comfortably
If you are a senior, you might also want to consider a change in your living arrangements. It's the perfect time to explore the possibilities of leaving the yard work and home maintenance behind. Discover the opportunities that Aston Gardens has to offer.

Aston Gardens is one of the most highly sought-after communities due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized

care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

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

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

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



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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.

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 - Card and Game Rooms
 - Activity Center
 - Beauty Salon and Barber Shop
 - Lounge
 - Inviting Living Rooms and Common Areas Throughout
 - Mail Room
 - Concierge
 - Full-Time Activities Director
 - Themed Parties and Dances
 - Educational Seminars
 - Craft and Hobby Classes
 - Card and Game Clubs
 - Fitness and Wellness Programs
 - Local Outings Around Town
 - And so much more

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

See why so many people want to call
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astongardens.com.

What an Orthopedic Surgeon Wants You to Know About Treating Arthritis

By William A Cooper, DO

We see a high prevalence of osteoarthritis in obese patients due to wear and tear and pressure on the joints, including forces and friction. If patients can lose weight, they can reduce or stop the progression of arthritic damage.

Osteoarthritis (OA)

The biggest misconception for most patients is to rest their joints thinking they will heal, but in reality, people need to move and create activity and mobility, not immobility. This is essential for the joints; however, it should never be aggressive or strenuous motion.

There is structural and inflammatory arthritis. Osteoarthritis comes down to a loss of the cartilage of the overlying bones, which causes stress and angers the joint. It produces pain, swelling, and stiffness.

Osteoarthritis typically is an endpoint of post-traumatic injury, torn ligaments, genetic predispositions, or alignment issues.

Physical therapy is a first-line treatment that I personally take very seriously. I don't rush patients into surgical procedures. We prefer to exhaust our conservative treatment options before surgical intervention is recommended. Conservative methods often can treat the area quite well depending on which joint has OA.

Conservative Treatment

- Physical Therapy
- Rest, but not immobilization.
- Corticosteroid injections
- Viscosupplementation Injections
- PRP (Platelet-Rich Plasma)

All injectables that I offer are ultrasound-guided, which allows me to see the precise area within the joint that I'm injecting the soliton into for precision medicine, which provides optimal outcomes.

Injectables

- Corticosteroids reduce pain and inflammation
- Viscosupplementation is a hyaluronic gel that can be lubricated and produce a cushion for the joint to glide against.
- PRP is taken from the patient's own blood, spun down, and the platelet-rich plasma is injected into the joint. PRP has growth factors that are known to produce healing mechanisms and work very well in many joints, especially the knees, and for tendonitis or tendinopathy. I've seen remarkable results for my patients.

Diet and Exercise

From a preventative standpoint, what can people do to prevent injury or re-injury? Generally, the most important angle is diet and exercise. Individuals who maintain a healthy weight and work out daily to keep their muscles strong and increase blood circulation and oxygen intake are in a better category than those who eat poorly and are more sedentary.

If patients have OA, they may not be able to work out at the same intensity they did prior to their injury or state, but I can't stress enough the importance of moving; even if all you can do is a brisk walk, it's critical for overall well-being and musculoskeletal health.

Diet is crucial for general health and is dependent upon the individual's needs, belief systems, and preferences. I tell patients to avoid processed and refined foods and opt for a healthier diet to reduce inflammation.

Surgery

Surgical arthroscopy is minimally invasive and can be used to salvage cartilage and regrow cartilage. In my patient population, which is middle to elderly aged, I try every conservative treatment option first. Still, many times, due to the patients' health or the severity of their OA, arthroplasty or partial joint replacement, or total joint replacement may be necessary to help them regain function and range of motion.



William A Cooper, DO
Board-Certified Orthopedic Surgeon

Dr. William Cooper is a board-certified orthopedic surgeon with BayCare Medical Group, serving the Trinity, Florida area. He completed his undergraduate degree in biology from Excelsior College in Albany, New York. Dr. Cooper earned his Doctor of Osteopathic Medicine from Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Florida. He continued his medical education by completing a surgical internship, followed by an orthopedic surgical residency at William Beaumont Army Medical Center in El Paso, Texas. Dr. Cooper provides compassionate, evidence-based orthopedic care to patients of all ages. As a veteran of the United States Army and United States Navy, Dr. Cooper's military background gave him significant experience and skill in managing complex orthopedic sports injuries, joint reconstruction, and orthopedic trauma. Dr. Cooper performs numerous surgical procedures that include both robotic and traditional hip and knee replacements, with a particular focus on minimally invasive anterior hip and partial knee replacements. He is also proficient in arthroscopic management of knee and shoulder injuries, such as ligament reconstruction, rotator cuff repair and shoulder stabilization. Dr. Cooper has notable experience in operative and nonoperative fracture management. He also treats various hand conditions such as carpal tunnel syndrome and trigger fingers. He is affiliated with Morton Plant North Bay Hospital.

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To learn more about Dr. Cooper or to schedule an appointment please visit DrWilliamCooper.org or call (727) 372-4210.



Listen to Dr. Cooper's podcast to learn more.



SCAN ME

PROMISING TRENDS IN CANCER CARE

The outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

Over 18 million cancer survivors are living in the U.S. today, according to the American Cancer Society. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

Screenings Save Lives

Screening tests effective at finding many types of cancer before signs or symptoms appear are now available. The American Cancer Society has recommended screening guidelines for the following cancers:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- Endometrial cancer
- Lung cancer
- Prostate cancer

Certain cancers are much easier to treat when detected early, preventing thousands of additional cancer cases and deaths.

Recommendations can vary based on your age, family history and lifestyle. Talk to your doctor about cancer screening, and do not skip or delay your recommended screenings. It cannot be overstated: Early diagnosis and treatment are substantial factors in surviving cancer.

The Power of Genetics

Genetic screening and testing are powerful tools that enable oncologists to diagnose cancers faster and more precisely and rapidly develop customized treatments based on each patient's unique genetic makeup and mutations.

Genetic mutations inherited from our parents can increase the risk of developing certain cancers. Knowing personal risk factors for hereditary cancers can be lifesaving.

Genetic screening involves a review of personal and family cancer history, including type(s) of cancer and age(s) at diagnosis. Based on this information, specially trained genetics specialists can refer individuals for consultation and genetic testing, guide lifestyle changes or explore other preventive options to reduce future risk.

Clinical testing, known as Next Generation Sequencing (NGS), is an advanced form of genetic testing that can simultaneously detect mutations in hundreds of different genes derived from tumor cells. NGS testing provides a more precise understanding of an individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that directly targets that exact mutation. The results also help to identify clinical trials a patient would be eligible for based on their molecular profile.

Immunotherapies

Chemotherapy and radiation have been widely used for decades to target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapies work to stimulate or boost the natural defenses of the body's immune system to work harder to fight cancer. They can be injected directly into a vein, swallowed through a pill or capsule form or applied topically through a cream rubbed onto the skin.

Immunotherapy may be used alone or in combination with chemotherapy, radiation and/or surgery. While side effects can occur, a key difference is that they are often less severe than those encountered with conventional therapies (like chemotherapy, radiation, etc.).

In the last few decades, immunotherapy has been approved for treating many cancers, including bladder, cervical, breast, colorectal, lymphoma and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, a hospital setting.

Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy in place today to treat cancer started in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort but an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

More Hope on the Horizon

Scientific researchers around the globe continue their work toward a cure for cancer at a very fast pace.

In particular, researchers are focusing on several major areas to improve immunotherapy. Even though immunotherapy can prevent or slow cancer growth, cancer cells have ways to avoid destruction by the immune system. An increased understanding of how cancer cells get around the immune system could lead to the development of new drugs that block those processes and ways to reduce the side effects of treatment.

Cancer vaccines are also a form of immunotherapy. While several vaccines are effective in preventing diseases caused by bacteria and viruses, the development of cancer vaccines is significantly more complicated due to several factors. Currently, four vaccines that can help prevent cancer and two that treat cancer have been approved by the U.S. Food & Drug Administration.

Increasingly, immunotherapy and other exciting new advancements are leading to the development of truly targeted therapies to achieve the best possible outcomes. Hope is clearly on the horizon. Patients with cancer and their health care teams have more options to pick from than ever before, with more on the way.



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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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COMPETITIVE EDGE PHYSICAL THERAPY'S 2024 MISSION TO SUPPORT COMMUNITY WELLBEING

Nestled in the vibrant heart of Tampa Bay, Competitive Edge Physical Therapy (CEP) is passionately dedicated to enhancing more than just patient outcomes, but also community wellbeing. Their mission goes beyond providing physical therapy; it's about touching lives and offering hope to those who might otherwise go without essential care.

By forging strong, community-based partnerships, CEP has become a beacon of support, ensuring health and wellness are within reach for everyone in the community.

Get One, Give One Program Launching in 2024

In a heartfelt gesture of community support, Competitive Edge Physical Therapy (CEP) is thrilled to announce the launch of the 'Get One, Give One' initiative in 2024.

This program is a testament to the power of kindness and solidarity. Each time an initial service is purchased at CEP, an equivalent support will extend to someone facing challenges in accessing healthcare. 'Get One, Give One' is more than just an initiative; it represents a commitment to inclusivity and the belief that a healthier community is built on the foundation of shared responsibility and compassion.

Celebrating Sports and Scholarship: CEP's Partnership with the Pinellas County All Star Football Game

CEP's commitment to community wellbeing extends to the dynamic world of sports through its partnership with the Annual Pinellas County All Star Football Game. For 29 years, this event has been a cornerstone in providing scholarships to deserving high school seniors, blending the pursuit of academic excellence with athletic achievement.

These scholarships, coupled with community sponsorships, support the dreams of student-athletes in both their sporting and academic endeavors. CEP's



involvement ensures these young athletes receive elite physical therapy, fostering their growth both on the field and in the classroom.

Your Support Can Make a Difference

The success of these initiatives is deeply rooted in community involvement. CEP, alongside the Pinellas County All Star Football Game, a respected 501(c)(3) non-profit, warmly invites public

donations. Your contributions are crucial in sustaining these programs, providing scholarships, and fostering the all-around development of young athletes.

To extend your support to the Pinellas County All Star scholarship fund, please visit pinellasallstar-footballgame.com. Also, stay tuned for an insightful feature on CEP's latest community-focused programs in the upcoming January edition of *Health & Wellness Magazine*.

Building a Stronger, Healthier Community with CEP

At CEP, they recognize the deep relationship between individual health and community wellbeing. Their mission transcends traditional physical therapy services; it's to create a community where everyone has the opportunity to thrive. By choosing to support CEP, you're not just contributing to a program; you're making a heartfelt investment in the health, wellbeing, and future of the Tampa community.

Discover more about Competitive Edge Performance and their 'Get One, Give One' initiative dedicated to community wellbeing by visiting goceppro.com or by calling 813.849.0150. Join us in making a lasting impact on the lives we touch!





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GENITOURINARY SYNDROME OF MENOPAUSE

By Parveen Vahora, M.D.

Genitourinary Syndrome of Menopause (GSM) is a term used to describe a collection of symptoms and signs that affect the genital and urinary tracts in postmenopausal women. It is a common condition resulting from the hormonal changes associated with menopause, particularly the decline in estrogen levels. GSM encompasses a range of symptoms and physiological changes that can significantly impact a woman's quality of life.

Symptoms include but are not limited to the following:

- Vaginal dryness
- Vaginal irritation/burning/itching
- Thinning/graying pubic hair
- Vaginal pelvic pain/pressure
- Sexual Symptoms
- Painful sexual intercourse
- Decreased lubrication during sexual activity
- Bleeding after sexual activity
- Decreased arousal/loss of libido
- Inability to orgasm
- Urinary Symptoms
- Painful urination
- Urinary urgency
- Urinary incontinence (stress and urge)
- Recurrent urinary infections
- Urethral caruncle (red vascular growth on urethra)

GSM was previously described as atrophy, either vaginal or vulvar atrophy. However, Genitourinary syndrome of menopause (GSM) is a more accurate and medically appropriate terminology to describe the changes women experience in menopause.

How is Genitourinary syndrome of menopause (GSM) different from Overactive Bladder (OAB)? Symptoms can overlap in both conditions, but women with OAB tend to experience more urinary incontinence symptoms. Women with GSM tend to experience both vaginal and urinary symptoms together.

What is the difference between Genitourinary syndrome of menopause (GSM) and urinary tract infection (UTI)? Both GSM and UTIs can cause painful urination (dysuria). A UTI is diagnosed via urinary testing that shows inflammation and infection due to abnormal bacterial growth in the urinary tract. GSM tends to cause painful urination when the urine touches the thin vaginal tissue resulting in a burning sensation.

How can we treat GSM?

NON-HORMONAL THERAPY Lifestyle changes (maintenance of sexual activity, smoking cessation, avoidance of vulvovaginal irritants including personal hygiene products in the vulvovaginal area) Nonhormonal vaginal lubricants or moisturizers Mucosal lidocaine (Examples of over-the-counter nonhormonal vaginal moisturizers include Revaree, Replens, Refresh, Good Clean Love, and Luvena)

HORMONAL THERAPY Vaginal estrogen therapy (cream, tablet or ring) Estrogen: A type of hormone that promotes and maintains female traits in the body. Also referred to as a female sex hormone. Non Estrogen - DHEA suppositories (Intrarosa) - DHEA converts to Estrogen, progesterone & testosterone in the pelvic area.

How do vaginal prescriptions/therapy work?

Vaginal estrogen or DHEA is an effective treatment for GSM, however, it may take 3-4 months to see improvement. It improves the quality of the vaginal skin and tissues in and around the vagina. It thickens the skin of the vaginal canal and increases natural lubrication. It also restores the normal pH of the vagina. It has been shown to reduce the risk of UTI in many studies.

Are prescription vaginal estrogen or DHEA therapy safe?

Overall, the answer is yes! Local vaginal hormonal therapy is associated with minimal to no side effects/risks when used as prescribed, as very little is absorbed into the bloodstream. Before prescribing, we will ask you if you have a history of breast cancer or a history of blood clots in the legs or lungs. If you have a history of either of these problems, we may consult your Oncologist or Vascular specialist before prescribing any prescription products. We may also obtain a pelvic ultrasound if you still have your uterus.

Alternative Treatment: Energy-Based Devices Laser treatments have shown significant results with GSM (Genitourinary syndrome of Menopause). The Mona Lisa Touch is a CO2 laser used to revitalize the tissue of the vulva and the vagina. It is an effective treatment for GSM. The Mona Lisa Touch entails three sessions done on the vagina and the vulva several weeks apart. You may be prescribed a topical anesthetic to be used prior to and post-sessions. Please speak to Dr. Vahora to see if you are a candidate for the Mona Lisa Touch.

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DR. PARVEEN S. VAHORA, MD, FACOG:

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*Our gynecologist's office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care, educating them on conditions, treatment options, and preventive measures. Our focus is on sexual health. We are proud to offer the **MonaLisa Touch®** for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we have got you covered.*



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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 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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Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

Hyperbaric oxygen therapy (HBOT) 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 healing processes and assists in the recovery from numerous indications.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.¹

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 at the person's personal discretion. 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.

References:

1. Z Ding, Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review, *Interv Neurol*. 2014 Aug; 2(4): 201-211.



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.

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.

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

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

Radiofrequency Denervation

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

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

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

A Patients Perspective

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

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



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

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

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

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

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



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

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

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

The National Institute of Spine & Pain

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10740 Palm River Rd, Suite 490, Tampa, FL 33619

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It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.

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Holiday Wish List...

1. Repair and restore my knees and back
2. Play with my grandkids
3. Get back to running without joint pain

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