

T A M P A B A Y ' S

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FREE 

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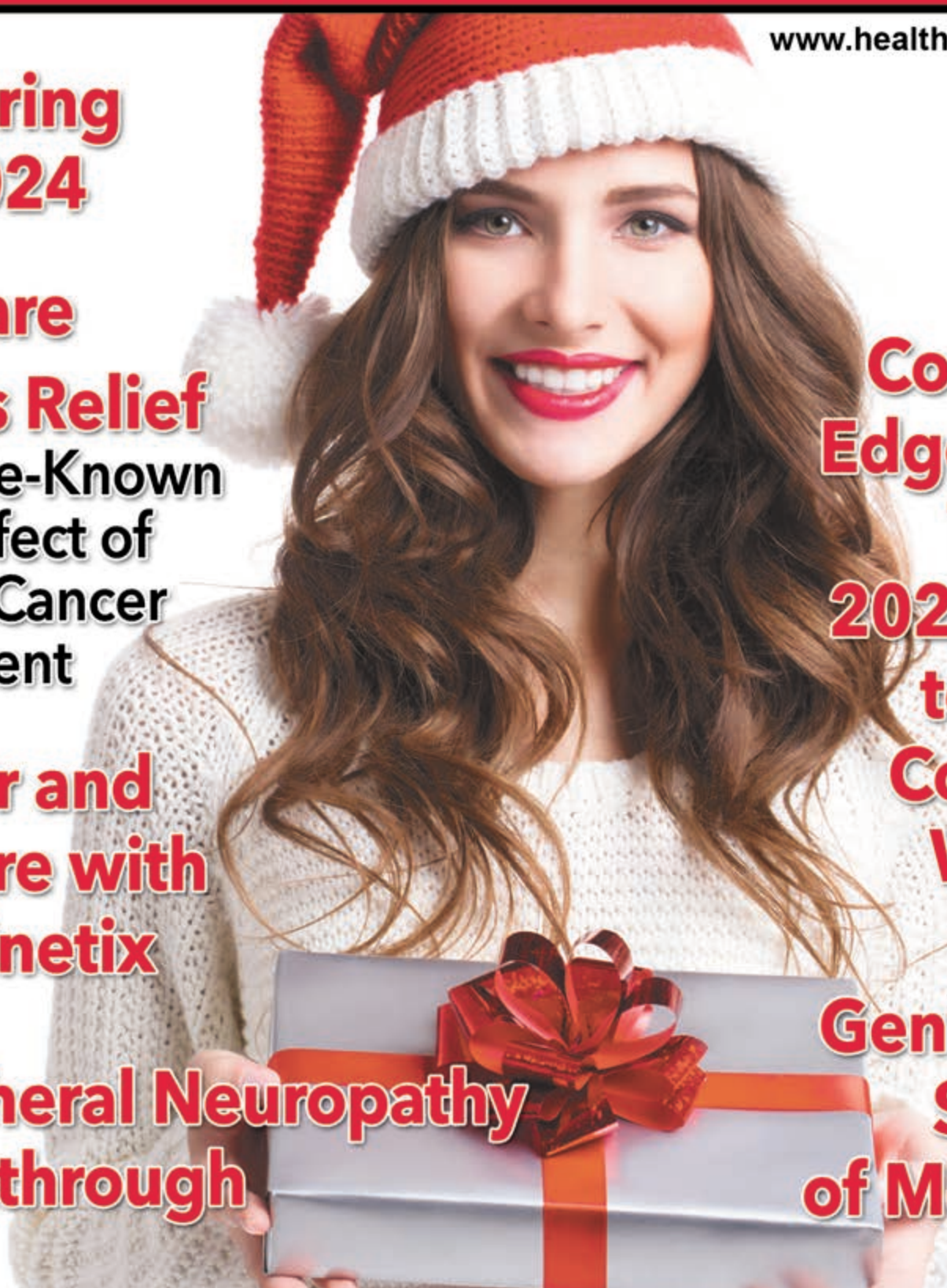
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NEUROLOGICAL

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- TMJ • Stroke

WOMEN'S HEALTH

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

MEN'S HEALTH

- Overall Men's Health • Prostatitis • Fertility

RESPIRATORY

- Common Cold • Allergies • COPD

IMMUNE SYSTEM

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

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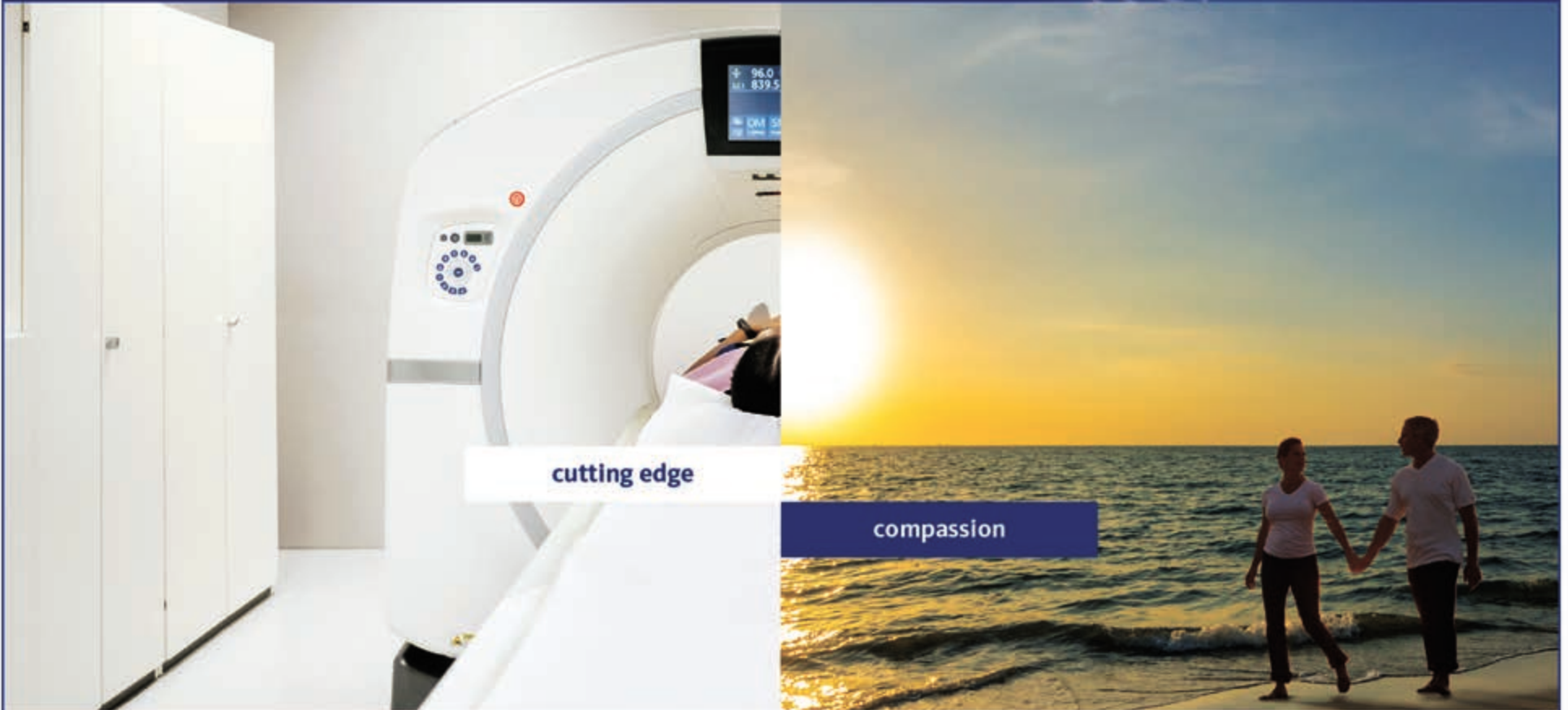
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READ MORE ON PAGE 8.



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SCAN ME

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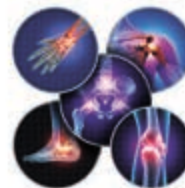
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BayCare Offers Relief for Little-Known Side Effect of Breast Cancer Treatment

We hear so much about the importance of early detection/mammograms, treatment and participation in events that support research. But lymphedema, a side-effect of breast cancer treatment, affects thousands each year and is not widely known. Lymphedema is swelling in the body due to an obstruction in the lymphatic system, which moves lymph fluid through the body. If lymph nodes or vessels are damaged or removed, the fluid cannot flow out, so it builds up, causing swelling. St. Anthony's Hospital and many other BayCare facilities offer outpatient treatment for lymphedema and other complications after breast cancer treatment.

Odalmis Ricardo-Perez wishes she had known about lymphedema. When Ricardo-Perez learned that she had breast cancer in 2020, she didn't hesitate to make a plan with her doctor. She decided to have a double mastectomy – the right breast removed because that's where the cancer was found and the left removed for preventative measures. Her treatment plan also included chemotherapy and radiation before reconstruction.

During her surgery, several lymph nodes were removed from both sides to make sure the cancer had not spread.

After undergoing chemotherapy and radiation, Ricardo-Perez began to feel some pain and slight swelling around her shoulder, the right arm and in the right breast. She also was having some functional issues with her arm. She told her physician who referred her to receive treatment for a common side effect of the removal of lymph nodes.



During a treatment session, Shelby Green uses a light circular touch to move lymphatic fluid near Odalmis Ricardo-Perez's right surgical site. Green says that helps the fluid to flow as it should if the lymph nodes had not been removed.

"Lymphedema happens quite often for breast cancer patients," said Shelby Green, an outpatient physical therapist at St. Anthony's campus Resource Center on the St. Anthony's Hospital in St. Petersburg. Green, a therapist at St. Anthony's for more than seven years, said that she has helped to ease the pain of lymphedema for hundreds of patients. "So often the patients I see say that they wish they had known this was a possibility of their treatment," Green said. "And they wish they could have gotten to me sooner."



Shelby Green, a lymphedema therapist at the St. Anthony's Resource Center, helps Odalmis Ricardo-Perez slip on a compression sleeve to ease the swelling caused by lymphedema. Ricardo-Perez is a breast cancer survivor who had several lymph nodes removed when she had a double mastectomy in 2020.

Treating Lymphedema

According to the National Institutes of Health, primary lymphedema is rare, affecting about 1 in 100,000. Breast cancer patients fall into the secondary lymphedema category, which is the most common cause of the disease, the NIH says. It affects about one in 1,000 Americans each year.

Lymphedema can occur anywhere in the body, Green said, not just the arms or legs. "Arm, chest and upper back lymphedema are most common in our breast cancer patients because of the effects on the axillary (relating to the armpit) lymph nodes most commonly treated during their cancer care," she said.

"We treat our patients with a combination of manual lymph drainage to stimulate and re-route the flow of lymph; compression bandages; garments and pumps. We also use exercises to promote circulation and regain strength and mobility of the affected arm or leg," said Zoltan Bouwhuis, an outpatient rehab therapist at the BayCare Medical Office (Carillon), who has been treating lymphedema for 25 years. He is one of several certified lymphedema therapists with BayCare. "Besides lymphedema we treat restrictions in shoulder mobility caused by surgery and/or radiation therapy, scar tissue restrictions and restrictions after reconstructive surgery."

When Ricardo-Perez comes in for her treatment, she discusses her new compression garments with Green. Then Ricardo-Perez lies back on a table as Green uses a light circular touch to move the lymphatic fluid. Green says that helps the fluid to flow as it should if the lymph nodes had not been removed.

Soon, Green has Ricardo-Perez doing several decongestive exercises including using some elastic bands to promote the use of her right arm. Green helps her keep the correct form so that the exercises will be more effective. Ricardo-Perez uses compression sleeves on both her arms and a compression bra to prevent swelling.

"We use gentle pressure over and around the swollen region and focus on re-routing the fluid to healthy areas of the lymphatic system," Green said. "The decongestive exercises help to promote lymphatic drainage after performing lymph drainage and applying compression garments. The goal is to help the patient regain full mobility in the area affected by the lymphedema."

'It Can Happen to You'

For Kurt McDuffie, an Air Force veteran, learning that he had breast cancer was quite a shock. What felt like a mosquito bite on his left breast in 2015 turned out to be a malignant mass. "It was a bump under the skin and it wasn't going away," McDuffie said. "When the doctor told me I had breast cancer, I didn't have any thoughts. I just went blank. I couldn't think straight."

According to the Centers for Disease Control and Prevention, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men each year.

After his initial reaction, everything else started to happen fast. He had surgery to remove the breast. He also had 18 lymph nodes removed. And then came the follow up treatment of chemotherapy and radiation.

He began to settle back into work a bit after the surgery. One day, a co-worker asked McDuffie what was wrong with his arm. It was swollen. "I had never heard of lymphedema before," he said.

Like Ricardo-Perez, McDuffie received physical therapy, first with Bouwhuis and then with Green to reduce the swelling. He also wears compression garments – wraps for his arm and for lymphedema in his leg that is not connected to his breast cancer – to control the swelling. He now receives therapy when necessary. "I use compression garments every day," he said. "If you have a problem, you must work to fix it. This came out of the blue. It can happen to you. But I was glad I was able to get some help for it."

Bouwhuis, a physical therapist for 33 years with 16 of those at BayCare, said the fact that he began working with McDuffie many years ago points to the long-term challenges that lymphedema can present. But there is good news on the horizon, he said. "Starting in 2024, Medicare will begin paying for compression garments for patients with lymphedema," Bouwhuis said. "This should help a lot of patients who until now had to pay out of pocket for compression garments."

Green said that having patients sent sooner for treatment is so important. "We're able to help them transition from coming to our clinic for treatment to an independent home program," she said. "They learn how to appropriately manage their lymphedema long-term."





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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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!



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!

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.



The Difference
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 Clubs
 - Fitness and Wellness Programs
 - Local Outings Around Town
 - And so much more

Aston Gardens At Tampa Bay
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
Aston Gardens their home!

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

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

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

Radiofrequency Denervation

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

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

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

A Patients Perspective

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

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



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

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

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

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

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



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

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

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

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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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GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

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

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

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

Treat ED’s Cause with GAINSWave

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

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



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

it’s Never too Late

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

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

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

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

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

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

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

Dr. Robert Lupo, D.C.

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

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

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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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