TAMPA BAY'S

# January 2024 MAGAZINE MAGAZINE Pasco/North Tampa/New Tampa Edition - Monthly

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FREE .

## SENIOR LIVING

The New Year's Resolution You're Looking For

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## STAYING HEALTHY IN 2024

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## EMSELLA

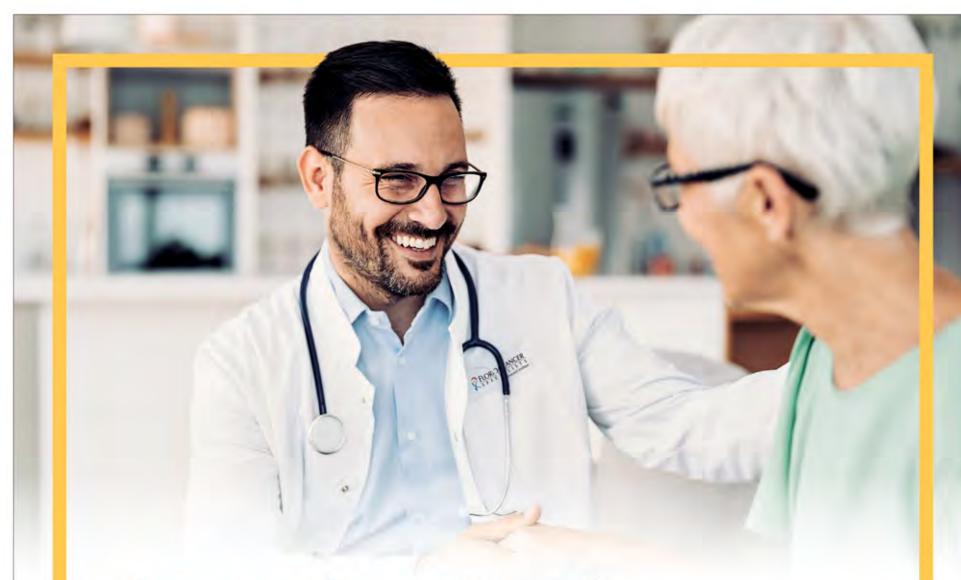
Technology to Get You Back to You

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# REVOLUTIONIZING WELLNESS

QC Kinetix Integrates
GLP-1 Weight Loss with
Regenerative Medicine
for Joint Pain Relief

See Page 6



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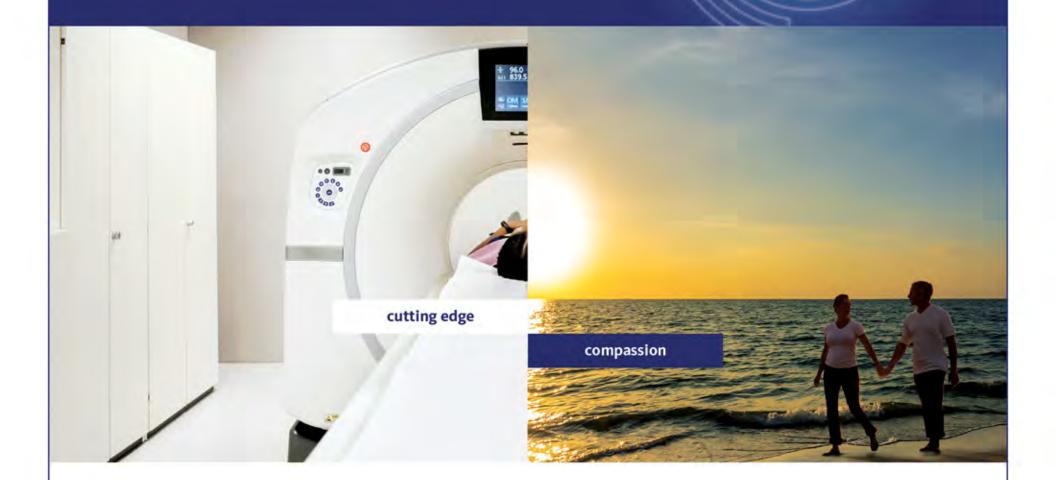
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• Hypertension • Hypotension • Palpitations

#### NEUROLOGICAL

- Peripheral Neuropathy Bell's Palsy
   That a Standard
  - 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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## Revolutionizing Wellness: By Daniel Sucherman, MD

## QC Kinetix Integrates GLP-1 Weight Loss with Regenerative Medicine for Joint Pain Relief

n the ever-evolving landscape of healthcare, cutting-edge solutions often emerge from the intersection of medical disciplines. One such groundbreaking development is taking place at QC Kinetix, where the integration of GLP-1 weight loss strategies with regenerative medicine is offering an integrated approach to not only shed unwanted pounds but also alleviate joint pain. This innovative combination is transforming the way we address health, providing a comprehensive solution to individuals dealing with both weight management and joint discomfort.

#### The GLP-1 Advantage:

QC Kinetix's pioneering approach begins with the incorporation of GLP-1 (glucagon-like peptide-1) into their weight loss programs. GLP-1 is a hormone that regulates blood sugar levels and satiety, and its synthetic analogs have been widely used to address obesity. By enhancing feelings of fullness and promoting weight loss, GLP-1 acts as a catalyst for overall health improvement. You may have heard of some of these GLP-1 medications in the news: semaglutide, Ozempic®, Wegovy®, tirzepatide, Mounjaro®, Zepbound®

#### Weight Loss as a Foundation for Joint Health:

Weight management plays a pivotal role in joint health. Excess body weight places undue stress on joints, contributing to conditions like osteoarthritis. QC Kinetix recognizes the symbiotic relationship between weight loss and joint pain relief. As patients shed pounds through GLP-1 interventions, the burden on their joints is alleviated, creating a conducive environment for regenerative medicine to take center stage.

#### Regenerative Medicine: A Ray of Hope for Joint Pain:

QC Kinetix's regenerative medicine techniques involve harnessing the body's innate healing mechanisms to address joint pain at its source. Procedures such as platelet-rich plasma (PRP) therapy and stem cell treatments are administered to stimulate tissue repair and regeneration. By combining these regenerative modalities with GLP-1-induced weight loss,



QC Kinetix offers a synergistic approach that not only addresses symptoms but also targets the underlying causes of joint pain.

#### The Science Behind the Integration:

GLP-1 weight loss strategies prepare the ground for regenerative medicine by creating an environment conducive to healing. As patients lose weight, inflammation decreases, and the body's response to regenerative treatments becomes more potent. The combined approach enhances the effectiveness of regenerative medicine, providing patients with a comprehensive and lasting solution to joint pain.

#### Patient Success Stories:

QC Kinetix's integrated approach has yielded remarkable results for patients struggling with both weight management and joint pain. Individuals have reported not only significant weight loss but also a noticeable reduction in joint discomfort. Improved function and higher energy levels return as well. Our patients are able to return to doing the things they love.

#### Jim finds relief at QC Kinetix:

One year ago Jim walked into QC Kinetix with a lot of pain, extra weight, and skepticism. Years of bilateral

knee, ankle, foot and low back pain had reduced his mobility and his health was suffering. "When it hurts to get out of bed, exercise becomes impossible." Jim had been told masking his symptoms was all that could be done. Luckily he found us! QC Kinetix was able to combine regenerative medicine therapies with cutting edge weight loss medications to help Jim regain his health. Over the course of a year, Jim lost a very healthy and sustainable 2-3 pounds per week; ultimately losing over 100lb. Regenerative therapies repaired the damage that had accumulated in his joints. He is back to exercising and doing the things he loves without pain.

In the guest for optimal health and wellness, QC Kinetix has emerged as a trailblazer by seamlessly integrating GLP-1 weight loss strategies with regenerative medicine to address joint pain. Schedule your free consultation at qckinetix.com/suncoast



813-305-3000 www.qckinetix.com/suncoast

## Senior Living—The New Year's Resolution You're Looking For

ountless people are making New Year's resolutions for change, whether that's living a healthier lifestyle or learning a new skill, but if you are a senior, it's time you found out more about your opportunities for change within your living conditions. Most seniors are tired of doing yard work and home maintenance, and they desire a life that's full of laughter and socializing in the security of a senior community. Aston Gardens is the place many seniors choose to call home.

The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer extensive opportunities and events for their residents to enjoy throughout each day of the month.

#### Aston Gardens' Independent Living Features Include:

- 1. No maintenance
- 2. No more snow shoveling
- 3. No more yard work
- 4. Fine dining and chef-prepared meals
- 5. Convenience to shopping, the arts, sporting events, restaurants, pharmacies, medical care and much more
- 6. Safety and security of a gated community
- 7. Ongoing activities and events
- 8. Friendly staff and fantastic neighbors
- 9. Fabulous, resort-quality amenities

At Aston Gardens, they offer several options that suit multiple needs for each individual or couple.

### Aston Gardens' Senior Living Options at Our Tampa Bay Campus

In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:

- Independent Living Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff
- SHINE® Memory Care In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed
- Senior Assisted Living Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming, and household chores

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.

#### **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.

#### Amenities

- Grand Ballroom
- Elegant Main Dining Room (5-Star)
- Private Dining Room
- Elegant Terraces and Outdoor Entertaining Spaces
- Heated Swimming Pool
- Lush Landscaping
- Senior-Equipped Fitness Center
- Library and Business Center
- 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

#### 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.

## What an Orthopedic Surgeon Wants You to Know About Treating Arthritis

By William A Cooper, DO

e 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 boardcertified orthopedic surgeon with BayCare Medical Group, serving the Trinity, Florida area. He com-

pleted 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.

#### BayCare Medical Group Orthopedic Surgery

2102 Trinity Oaks Blvd., Suite 202 Trinity, FL 34655

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.



## **STAYING HEALTHY IN 2024**

id you know that the yearly calendar we use today first came into use in the late 1500s? For centuries now, people have relied on calendars to structure their lives. These vital tools help us prioritize our time, stay productive and keep us on task.

Whether you prefer digital or paper formats, as you turn the page on your 2024 calendar this January, take some time to prioritize your health and well-being. Plan ahead and schedule appointments for recommended wellness checkups and cancer screenings.

Thanks to ongoing research, screening tests are now available for many types of cancer. These tests are effective at finding cancer, often before signs or symptoms appear. When detected early, certain cancers are much easier to treat, preventing thousands of cancer cases and deaths. Early diagnosis and treatment is a substantial factor in surviving cancer.

Florida Cancer Specialists & Research Institute (FCS) urges everyone to talk with their physician about cancer screenings and follow recommended guidelines. Here are some of the most common cancer screening recommendations:

Skin Cancer: Skin cancer is the most common cancer in the U.S for both men and women. Screening involves checking your skin and any moles for changes that could be signs of cancer. An annual skin check by a dermatologist or your primary care provider is recommended, especially for those with a family history of skin cancer.

Breast Cancer: In addition to monthly self-examinations (encouraged for adult women at any age), the American Cancer Society recommends that starting at age 40, all women have annual screening mammograms. Talk to your doctor about what is right for you, based on your own family health history and risk factors.

Cervical Cancer: The National Cancer Institute advises women to receive a Pap test (Pap smear) beginning at age 21 and continuing until age 65. Women from 21 to 29 should have a Pap smear every three years. Beginning at age 30, a Pap test combined with human papillomavirus (HPV) testing (HPV/Pap cotest) is recommended every five years.

Colorectal Cancer: Colonoscopy screening for colorectal cancer should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This type of screening not only detects cancer early, but in many cases it can prevent cancer from developing by identifying and removing polyps (abnormal, precancerous growths within the colon).

Lung Cancer: Low-dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 50 to 80, who have a 20 pack-year smoking history and who currently smoke or have quit smoking. To determine a pack-year score, multiply the



number of packs smoked per day by the number of years smoked. So, if you smoked two packs a day for 20 years, your pack-year score would be 40.

Prostate Cancer: The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

#### When It Comes to Lifestyle Choices, Little Things Can Make a Big Difference

When it comes to preventing cancer, little things can make a big difference, especially when it comes to making healthy lifestyle choices.

#### SMOKING AND CANCER

In the U.S., 80 to 90 percent of all lung cancer deaths are related to cigarette smoking, according to the Centers for Disease Control and Prevention. Tobacco products, including cigarettes, e-cigarettes, cigars, pipes and chewing tobacco, have been linked to several other types of cancer, including colorectal, bladder, breast, throat, cervical, mouth and esophageal.

If you're not a smoker, don't start. If you smoke, it's never too late to quit. Your health will improve, and you'll reduce your risk of cancer, heart disease and other illnesses. An effective first start, even if you've tried before, is to prepare a quit plan. A wide range of tools, tips and other resources can be found on the website SmokeFree.gov.

#### **ENJOY THE SUN SAFELY**

The majority of all skin cancers are caused by exposure to the sun's ultraviolet light rays. For maximum protection, oncologists recommend applying a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or higher to all skin that is not covered by clothing. Clothing items with an ultraviolet protection factor (UPF) number on the label are now widely available. A wide-brimmed hat and sunglasses with UV protection are also recommended. Exposure to artificial UV rays with the use of tanning beds or sunlamps also increases the risk of skin cancer and should be avoided.

#### EAT HEALTHY & KEEP MOVING TO PREVENT CANCER

There is growing evidence what we eat plays a significant role in some types of cancer. A diet high in fruits, vegetables, beans and whole grains, and low in red meat, processed foods and sugar, is recommended to help reduce cancer risk. Limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Aim for at least 30 minutes of physical activity each day. Exercise can help to control your weight and avoid obesity, with the added benefits of increased energy, reduced stress and a healthy boost to the immune system to help fight cancer and other diseases.

Getting and staying healthy is worth the effort – make it count in 2024!

#### WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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



#### Hudson

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#### **Hudson North**

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#### Trinity Cancer Center 9320 State Road 54

Trinity, FL 34655-1808

#### Wesley Chapel 26823 Tanic Dr Wesley Chapel, FL 33544-4605

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For more information, visit FLCancer.com.

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

n the heart of Tampa, Competitive Edge Physical Therapy isn't just another PT clinic. It stands as a beacon of support for the entire community's well being. Next year, CEP is going even further with its groundbreaking "Get One, Give One" program, where every paid therapy session helps provide treatment to someone in need. This isn't just about healing bodies, it's about healing the community, one treatment at a time.

### Empowering Wellbeing: CEP's Community Mission

CEP's core mission is to provide accessible physical therapy and optimal well health services to those in need, and in 2024 opening opportunities for the underserved members of our community. Their approach is unique, as they don't just offer services but build bridges within the community, creating a network of care and support.

#### The 'Get One, Give One' Initiative: A Cycle of Giving

The 'Get One, Give One' program, set to commence in 2024, is a creative and philanthropic venture. With every private pay initial evaluation purchased at CEP, an equivalent service is donated to someone in need. This initiative not only provides essential health services but also allows members community become heroes by "paying it forward". CEP patients can choose to gift the session to a friend or family member or contribute it to CEP's scholarship fund, ensuring that the benefits reach far and wide within the community.





A quote for CEO Jason Waz, "at CEP. We've always had a philosophy of giving back to the community as much as we possibly can and in 2024 we are dramatically expanding on our philosophy, being able to offer services to those who otherwise would not be able to benefit from the unique care that we provide. Essentially anyone in our community who pays for a private initial evaluation will have the opportunity to donate an equal service to a friend, family member, or donate it to our community scholarship fund for the others in need. These are the real community heroes that we want to highlight and celebrate."

#### Community Heroes: The Backbone of CEP's Mission

Through the "Get One, Give One" program, anyone can become a hero by choosing to invest in their own wellbeing while extending a lifeline to a neighbor in need. This ripple of generosity strengthens not just bodies, but the very fabric of the Tampa community.

#### More Than Physical Therapy: A Vision for Community Health

CEP's mission transcends the boundaries of traditional physical therapy. They envision a community where every individual has the opportunity to achieve optimal wellbeing. This holistic approach emphasizes the importance of individual health and community prosperity.

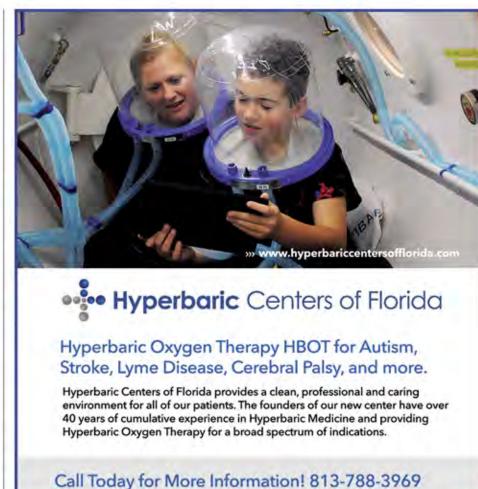
#### Joining Hands with CEP

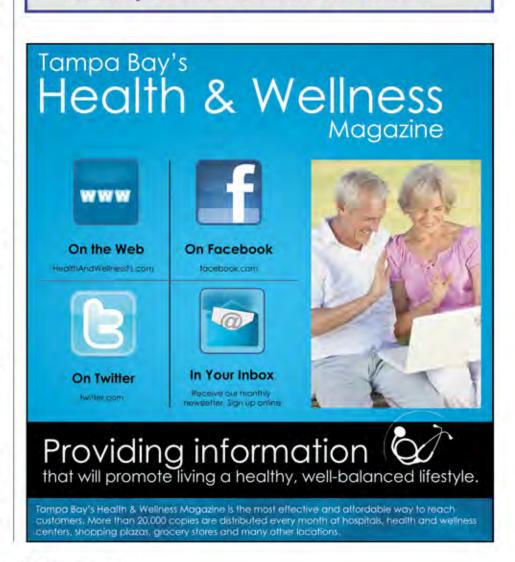
By supporting CEP, community members and organizations aren't just contributing to a noble cause; they're reinvesting into the local Tampa community. Every action, every session purchased, and every service donated contributes to the larger goal of community wellbeing.



#### Learn More and Get Involved

To discover more about Competitive Edge Physical Therapy and their impactful community initiatives, visit goceppro.com or contact them at 813.849.0150. It's more than just a service; it's a movement towards a healthier, stronger community.







## Emsella - Technology to Get YOU Back to YOU

BY DR. ROBERT LUPO, D.C.

#### **Emsella for Men**

The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum, and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation.

Men can suffer from incontinence associated with pelvic floor weakness. Many factors can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other prostate cancer treatments can contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

EMSELLA treatment sessions are quick and discreet. The sessions are only about 30 minutes long and allow you to remain fully clothed while you are seated in the BTL EMSELLA treatment chair. There is no downtime needed after EMSELLA sessions, normal activities can be resumed immediately after the appointment. EMSELLA for men is the perfect option for those suffering from any form of urinary incontinence looking to regain control of the pelvic muscle and bladder.

Emsella sessions are non-invasive and allow patients to remain fully clothed throughout the entire session. EMSELLA harnesses the power of focused electromagnetic technology to stimulate the entire male pelvic floor muscle. As a result, patients attain greater neuromuscular control over the pelvic muscle. EMSELLA also treats Erectile Dysfunction by increasing penile rigidity and hardness as well as increasing control over time until ejaculation. EMSELLA patients can also expect to experience enhanced orgasms because of their EMSELLA treatments.

A full treatment lasts six sessions, spread over three weeks with two sessions a week. Each visit can cost around \$250 and lasts about 28 minutes. They involve thousands of stimulated contractions and should only cause tingling and sensations of pelvic floor contraction. We recommend one session every 1-2 months after the initial 6-session protocol.

#### **Emsella for Women**

Many women do find they may experience incontinence or urinary leakage either during pregnancy or after childbirth. Urinary leakage during pregnancy is often caused by the weight of the baby pressing on the bladder which can put pressure on the pelvic floor muscles and can result in the symptoms of stress incontinence. Childbirth can also affect the pelvic floor muscles, especially with vaginal birth as this can put a strain on the pelvic floor and weaken the muscles. This can make it difficult to control your bladder. Half of the women can experience changes in continence following childbirth. Post-partum pelvic restoration doesn't happen overnight. Every OBGYN will tell you that Kegel exercises are necessary after childbirth to repair the damage childbirth causes to the pelvic floor. Emsella harnesses the power of high-intensity focused electromagnetic (HIFEM) technology, which stimulates the entire pelvic floor at once. A single session provides over 11,800 supramaximal pelvic floor contractions. Read that again. Over eleven thousand Kegels in less than 30 minutes.

Research has found that 95% of those treated reported significant improvement in their quality of life following six 28-minute treatments with Emsella. Most clients either no longer require the use of hygienic pads, or significantly reduced their use of pads in their day-to-day life. We recommend allowing at least 3 months before starting Emsella treatment following childbirth via C-Section and allowing 10 weeks post-natural birth. Emsella is a great prevention treatment for women who are considering starting a family. Having a strong pelvic floor is recommended to help withstand the extra weight and pressure of pregnancy. A stronger core is said to help with a faster delivery too.

You can expect a welcoming, friendly environment at Physical Medicine Center, Inc with a staff who truly cares about your progress. Our goal is your improved quality of life- that's why our comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about our natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo is the clinic director at the 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 in an auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness and balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women, Gainswave for erectile dysfunction and nutritional IV treatments.

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

#### Dr. Robert Lupo, D.C.

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## ADVANCED TREATMENT FOR VAGINAL DISCOMFORT:

What you should know about the MonaLisa Touch®

any women carry a little secret that they dare not tell even their best friend. The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, pain, and issues that they often withhold and keep to themselves. Most women think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy.

#### What is Vulvovaginal Atrophy?

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.

As mentioned there are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform in your physician's office.

#### Innovative Technology

This advanced technology is called the MonaLisa Touch. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the bodies cell renewal and regenerates the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO2 laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's\* ability to gently improve the tissue of the vaginal mucosa.



The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

#### Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration and enjoyment of each other. You'll be amazed how effective this procedure get's you back to where you once were in your relationship.

#### What Patients Have to Say About Parveen Vahora, M.D.

"To find out that there was actually a laser that in three treatments could possibly provide me with what I hadn't been getting in the last 10 years of trying"? I was ecstatic." -Melanie P.

"When I underwent the MonaLisa Touch procedure, I was a little nervous, had some trepidation going into it, and after the procedure I came out almost bouncing off the walls, saying I cannot believe there was no discomfort, such a short time commitment." -Cheryl S.

"No, less than 5 minutes? It's really a fast procedure; I don't even want to call it procedure; I would just say experience, just a tiny little sensation as if someone's touching your skin." -Tina R.

"I would like to share that she is incredibly passionate about helping her patients. I think it is admirable that she is an advocate for non-narcotic pain relief in her practice. I highly recommend this practice." -Ashley T.

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all your women's health needs, we are here by your side through all phases of life.

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## PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

#### Treating Shoulder Pain Successfully with Radiofrequency

aula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

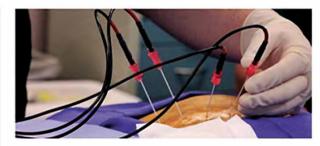
When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part.

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

#### Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.

#### **Nerve Blocks and Radio Frequency**

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

#### The National Institute of Spine and Pain

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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 nerve back pain.

#### **Regenerative Medicine**

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

#### More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



#### **Dr. Sunil Panchal**

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is

always the first step. The National Institute of Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

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

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

### 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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3001 Executive Drive, Suite #150 Clearwater, FL 33762 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!

## Oxygen Therapy for Stroke:

## Can it Help to Regenerate the Damaged Brain?

very 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.<sup>1</sup>

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

 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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## **Slowing the Pace of Your Life**

By Pastor Timothy Neptune

emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson! learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12l know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. "I can do everything through him who gives me strength.

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: 6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it. 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having more will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, 15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions." Luke 12:15

If you find yourself making statements like this:



- · My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-goround spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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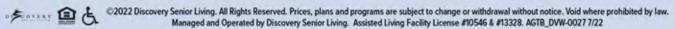
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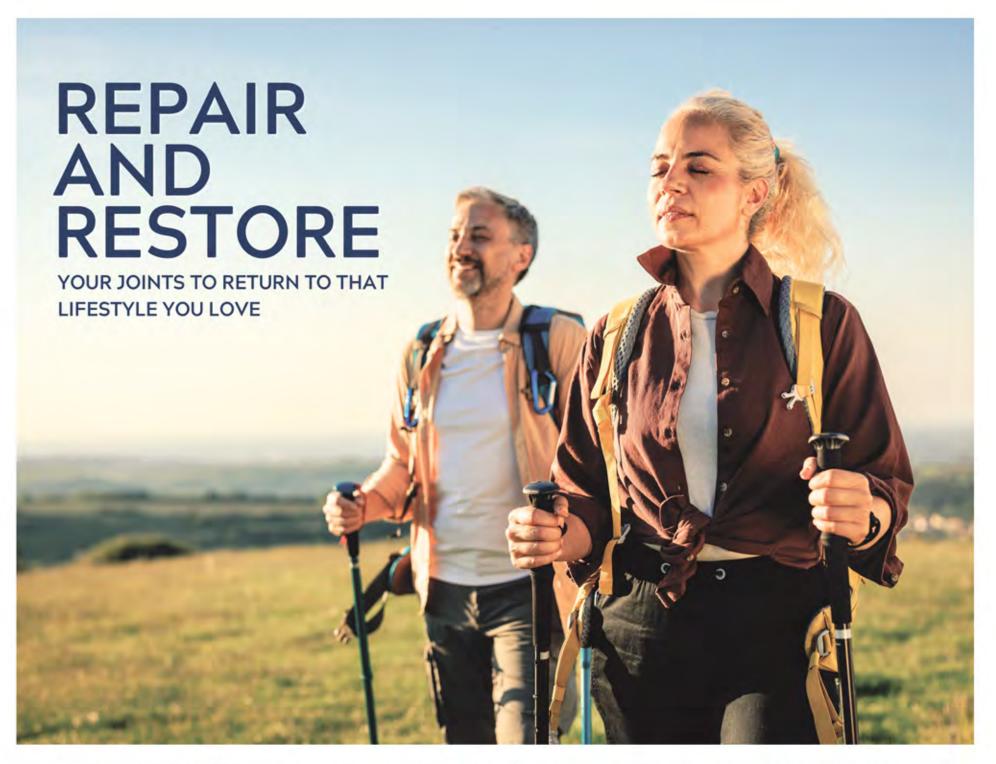
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- Chris Poole