

T A M P A B A Y ' S

# Health & Wellness<sup>®</sup> MAGAZINE

February 2024

St. Petersburg/St. Pete Beach Edition - Monthly

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- Fertility • Post-Partum Support • Menopause
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- Overall Men's Health • Prostatitis • Fertility

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# Exploring Non-Surgical Solutions for Hip Pain: A Guide to Interventional Orthopedic Procedures

By Daniel Sucherman, MD

**H**ip pain can be a debilitating condition, affecting people at any age due to acute injuries or degenerative conditions. While surgery is frequently recommended by orthopedic surgeons as a solution, it is not the only option available. Interventional orthopedic procedures offer an alternative path to managing hip pain, providing relief and promoting healing without the need for invasive surgical interventions. This article delves into the realm of interventional orthopedics, exploring how these procedures can effectively address hip pain, shorten recovery times, and minimize the complications that come with surgery.

## Understanding Hip Pain

Hip pain can stem from various causes, including acute injuries such as fractures or dislocations, and chronic conditions like osteoarthritis or avascular necrosis. Oftentimes, hip pain is just an unfortunate part of aging. When faced with such conditions, patients often find themselves at a crossroads, contemplating whether to undergo surgery or explore non-surgical alternatives.

Interventional orthopedics involves minimally invasive techniques that aim to manage pain and promote healing by leveraging the body's natural regenerative capabilities. These procedures, performed on an outpatient basis, provide an attractive option for those seeking relief from hip pain without the cost, downtime, and risks associated with surgery.

When seeking out an alternative to surgery, it's important to ensure you are working with a medical provider that specializes in regenerative medicine. At QC Kinetix, orthopedic regenerative medicine is the only thing they do. This is why they are the leader in the industry. Below are some of the tools they use to repair and restore your hips and other joints.

## Platelet-Rich Plasma (PRP) Therapy

Platelet-Rich Plasma (PRP) therapy is one of the leading interventional orthopedic procedures used to treat hip pain. This technique involves extracting a small sample of the patient's blood, processing it to concentrate platelets, growth factors, and other healing components, and then injecting the PRP back into the affected area. PRP stimulates the body's natural healing processes, reducing inflammation and promoting tissue repair.



## Stem Cell Therapy

Stem cell therapy is another promising interventional orthopedic approach. Mesenchymal stem cells, derived from the patient's own bone marrow, are injected into the hip joint to encourage tissue regeneration and repair. This procedure holds significant potential for treating degenerative conditions and injuries, harnessing the body's ability to heal itself.

## Alpha-2 Macroglobulin

Alpha-2 macroglobulin (A2M) is a cutting edge therapy that plays a role in helping the body's natural defense mechanisms fight against inflammation and tissue degradation, which can contribute to hip pain.

## Benefits of Interventional Orthopedic Procedures

Choosing interventional orthopedic procedures over surgery for hip pain offers several advantages:

- **Minimally Invasive:** Unlike surgery, which involves significant incisions and tissue disruption, interventional orthopedic procedures are minimally invasive, reducing trauma to surrounding structures.
- **Shorter Recovery Times:** The nature of these procedures often allows for shorter recovery times compared to surgical interventions. Patients can resume daily activities immediately, so there is no disruption to your life.
- **Reduced Complications:** Interventional orthopedic procedures have significantly fewer potential complications than surgical options. The risk of infection, blood loss, and other surgical-related issues is minimized.

- **Longer Lasting:** Many people don't realize that joint replacements aren't a permanent solution. There is a chance the surgery will need to be repeated every 10-15 years, and each time the risk of complications is significantly increased.
- **Utilizing the Body's Healing Abilities:** Regenerative medical procedures at QC Kinetix harness the body's own healing capacities, promoting natural healing without relying on external implants or interventions.

When faced with debilitating hip pain, patients now have viable alternatives to surgery through interventional orthopedic procedures. Platelet-Rich Plasma (PRP) therapy, stem cell therapy, and Alpha-2 Macroglobulin are among the innovative techniques that harness the body's natural healing mechanisms, offering relief with minimal invasiveness and reduced recovery times. While surgery remains a valid option in certain cases, exploring non-surgical solutions should be your first step toward managing hip pain effectively and promoting a swifter return to an active, pain-free lifestyle.

## Dr. Rick Moore's Story

Dr. Moore has been an avid runner and cyclist his whole life. Getting out in the sunshine early mornings helps him manage the stress of long hours in the operating room. Last year he started to notice that his hips and knees would ache at the end of the day and the simple things like getting comfortable in bed were becoming a challenge. Long bike rides became excruciating and he knew he was too young for a joint replacement. The long recovery and down time were also out of the question. His research led him to QC Kinetix and their regenerative medicine therapies. Dr. Moore is happy to report that he is back to enjoying long runs and bike rides pain free. He is sleeping more comfortably than he has for years. Physicians seek out QC Kinetix because they are the experts in this field and they get results.

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# PERIPHERAL NEUROPATHY BREAKTHROUGH

*"My feet feel like they are on fire."*

*"Each step feels like I'm walking through wet paint."*

*"I live in constant fear that I'll fall."*

*"I can't sleep, my hands and feet tingle all night."*

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Dr. Kim Windschauer of Acupuncture of West Florida in Clearwater Florida share this belief. "I've been treating neuropathy in all various forms for many years, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my ads or read the testimonial of another patient and say to themselves, 'hey, I feel the same thing.'"

Kathy of Largo testifies to this. "I remember my husband driving me to my consultation, and I saw a woman running. I was so envious. I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Kathy would eventually see Dr. Kim's ad, describing similar symptoms, and how she offers a real solution at **Acupuncture of West Florida**. "I just knew I had to see her; it was my last hope."

**"Almost all of our patients come to us with a story like Kathy's. They've been everywhere else. They've been told, 'it's just a part of growing older,' shares Lauren, a Patient Care Technician at Acupuncture of West Florida, 'it just breaks my heart, but I know how much we can help people like Kathy so I'm always so happy when they walk through our door.**

Those diagnosed with peripheral neuropathy often face a very grim reality, Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Kim and the staff at **Acupuncture of West Florida** pride themselves on being "the last resort with the best results."

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in the lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case the absence of pain is not necessarily a good thing," shares Dr. Kim. "This usually indicates that your nerves are hanging on by a fragile thread."

### So how exactly is Dr. Kim able to reverse the effect of this degenerative disease?

"Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance Bio-Therapy. This is technology that was originally developed by NASA to expedite recovery and healing."

**"I just can't say enough about Acupuncture of West Florida," Kathy shared through tears of joy. "My husband and I moved here 3 years ago, and he's gone to the beach almost every day. I always stayed home because of the pain and discomfort. Yesterday I walked on the beach with him! And next week we're starting dancing lessons. I am truly living life these days!"**

According to Kathy's test result, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients, shares Lauren. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great."

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By seamlessly blending the ancient science of acupuncture with modern medical solutions, Dr. Kim has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis, but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage there is little that I can do to help them. I'm familiar with the medical miracle but I know my limitations as a practitioner as well as the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

**Call (727) 490-6060 to schedule an initial consultation or visit [AcuofwestFL.com](http://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!

# TRANSFORM, TRIUMPH, TOGETHER: YOUR "BIG THREE" JOURNEY WITH CEP

**A**midst the vibrant backdrop of Tampa, FL, lies a gateway to transformation – Competitive Edge Performance (CEP), a place where personal health goals are not just planned but passionately pursued. CEP, a renowned physical therapy clinic, offers more than just treatment; it offers a journey towards realizing your "Big Three" – the three pivotal goals you've set for yourself this year, be it in wellness, family time, or athletic performance.

## Personalized Approach to Wellness

At CEP, your wellness journey is deeply personal. The dedicated team of experts takes the time to understand your unique needs and aspirations. This personalized approach ensures that every strategy, every treatment, and every piece of advice is tailored to help you achieve your specific "Big Three" goals.

## Innovative Technology and Expertise

CEP stands at the forefront of physical therapy innovation and research. Utilizing groundbreaking tools like NEUBIE and heart rate variability testing, CEP offers a blend of traditional and modern therapeutic techniques. This fusion of technology and expertise is not just about healing; it's about enhancing your body's potential and guiding you towards peak performance and optimal wellbeing.

## A Supportive, Empowering Environment

Imagine a place where every effort, every stride, and every challenge is supported by a team that believes in you. CEP's environment is crafted to empower and inspire. Here, you're not just a client; you're a partner in a transformative journey. The team's unwavering support and guidance are pivotal in helping you overcome obstacles and reach new heights.

## Embark on a Transformative Journey

This year, let's turn aspirations into achievements. Whether it's achieving peak physical condition, enjoying active time with your family, or excelling in your favorite sport, CEP is committed to making these dreams a reality. It's a journey of self-discovery, strength, and joy.



## A Call to Action for a Better You

This is more than an invitation; it's a call to embrace your full potential. Are you ready to transform your "Big Three" from dreams to reality? CEP is ready to join you on this journey. Step into a world where your optimal health and wellness goals are not just within reach but are actively being achieved. Join us at CEP and witness the power of dedicated care and advanced therapy in transforming your life.

You can learn more about Competitive Edge and their initiatives at <https://goceppro.com/> or by calling 813.849.0150.



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# The Season of Love: Give Yourself and Your Partner the Gift of GAINSwave

BY DR. ROBERT LUPO, D.C.

Is your relationship lacking? It's common to experience lulls in the romance department, especially if you are suffering from erectile dysfunction. ED can not only inhibit performance, but it often takes its toll on men and their partners emotionally and mentally.

Although it's a common condition, it can be a crushing disorder that wreaks havoc on a man's psyche, which in turn, can cause severe anxiety and further intensify erectile dysfunction and low libido.

What if you didn't have to worry about your situation any longer? What if you didn't need to rely on a little blue pill and wait for its effect to kick in? ED pills only mask the symptoms of ED, but DO NOT treat the cause.

GAINSwave is an innovative treatment option for ED that provides remarkable results without drugs or surgery.

## Treat ED's Cause with GAINSwave

GAINSwave treats 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 is proven to break up scar tissue and plaque, which are often the root cause of ED. GAINSwave can rejuvenate and turn back the clock, leaving men with the vigor and stamina from their youth.

**GAINSwave is also the number 1 bio-hack for men without ED just wanting to have harder, healthier, and stronger erections than they experience now!**

Dr. Lupo, Founder of the Physical Medicine Center treats the root cause of ED. In addition to these conditions, Dr. Lupo provides the most advanced groundbreaking technology and procedures for his patients, and when it comes to ED, GAINSwave is supreme.



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).

## Give yourself and your partner the gift of GAINSwave

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

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Physical Medicine Center has many Google Reviews, you can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa).

## 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 post-graduate 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 nutritional IV.

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# YOUR NEW YEAR HEALTH PRIORITIES

Dr. Vahora, MD, FACOG

**A**s we enter a new year, it's an opportune time to prioritize our health and well-being. For women, an essential aspect of maintaining good health is scheduling regular screenings, such as pap smears and mammograms. These routine examinations are pivotal in early detection and prevention of potential health issues, contributing to a longer and healthier life.

## The Significance of Yearly Pap Smears:

Pap smears, also known as Pap tests, are integral to women's health as they aim to detect abnormalities in the cervix, primarily focusing on cervical cancer. Cervical cancer is a slow-progressing disease, often showing no symptoms in its early stages. A yearly Pap smear can identify any irregularities in the cervical cells long before they develop into cancerous lesions.

### 1. Early Detection of Abnormalities:

- Pap smears can detect abnormal changes in cervical cells, including precancerous lesions.
- Early detection allows for timely intervention and prevents the progression to cervical cancer.

### 2. Effectiveness in Preventing Cervical Cancer:

- Regular screenings significantly reduce the risk of developing cervical cancer.
- Treatment options are more effective when the disease is detected early.

### 3. Guidance for Further Testing:

- If abnormalities are detected, healthcare providers may recommend additional tests or procedures to gather more information.
- These tests help determine the appropriate action for managing any identified issues.

Mammograms are essential tools for breast cancer screening, designed to identify irregularities in breast tissue, including tumors and cysts. Breast cancer is the most common cancer among women worldwide, and early detection through mammography is crucial for successful treatment outcomes.

Key points emphasizing the importance of yearly mammograms:

### 1. Detecting Breast Abnormalities:

- Mammograms can detect breast abnormalities, including tumors too small to be felt during a physical examination.
- Early detection enhances the chances of successful treatment and recovery.

### 2. Screening for Breast Cancer:

- Yearly mammograms are an effective method for screening and detecting breast cancer in its early stages.
- Routine screenings contribute to lowering mortality rates associated with breast cancer.

### 3. Tailored Screening Plans:

- Healthcare providers may recommend personalized screening plans based on individual risk factors.
- Tailored screening plans consider age, family history, and genetic predispositions.

For complete women's health, prioritizing regular screenings like pap smears and mammograms is paramount. These proactive measures enable the early detection of potential health issues, providing a foundation for effective treatment and improved outcomes. As we embrace the new year, let's take a proactive approach to our health by scheduling these vital screenings. Remember, your healthcare provider is your best ally in navigating these screenings and ensuring your well-being. Take charge of your health journey, and together, let's make this year one filled with health, resilience, and well-deserved peace of mind.

You can schedule your yearly wellness exam on-line at <https://parveenvahoramd.com>



My name is **Anaidiel "Annie" Beltran**. I have been in the healthcare field for over ten years. I initially graduated from The University of Tampa with a Bachelor's degree in Nursing. I first worked as a cardiac ICU nurse at a level I trauma center. While I enjoyed and learned working as an ICU nurse, I decided I wanted to have a more active role in the care and decision-making of my patients. I returned to The University of Tampa to complete my master's degree in nursing. As a nurse practitioner, I have worked in primary care, tending to patients of all ages. I am truly grateful for this new opportunity to work in women's health. I am passionate about educating my patients about how to best care for their health so they can live long, healthy lives.

I am originally from Cuba but call Tampa my home. I am fluent in English and Spanish. In my free time, I enjoy spending time with my family. I have a young daughter who keeps me busy but is the love of my life.

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# Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

**H**yperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

Hyperbaric oxygen therapy is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the regenerative processes and assists in the recovery from numerous indications.

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.<sup>1</sup> A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.<sup>2</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 always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

## Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

## Patient Testimonials

*"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."*—Rachel W.

*"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"*—Thomas P.

*"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGia."*—Tyler Z.

*"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."*—The Payne Family

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

## Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

## Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis," UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

 **Hyperbaric Centers of Florida**  
[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)



Dr. Sunil Panchal

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

### Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### The National Institute of Spine and Pain

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

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[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)

## Seniors Nutrition Needs: Do You Know What You Should be Eating as You Age?

**A**s we age, our nutritional needs change. Physiological changes in the body cause things such as slower metabolism, less lean body mass, less muscle definition, lower bone density, slower metabolism, basal metabolic deficiency, and lower energy levels. Seniors may also be dealing with health issues on top of their bodies changing needs. Therefore, it's important to map out a custom plan with your doctor or nutritionist to make sure you're getting the most out of your diet. Proper nutrition can help stave off disease, increase cognition, increase strength and endurance and so much more.

### Symptoms of Nutrient Deficiencies:

- Weight loss
- Decreased appetite
- Uninterested in hydrating
- Irritability
- Lack of concentration
- Feeling cold
- Loss of muscles and strength
- Prone to illness
- Inability to fight infection
- Impaired wound healing
- Depression
- Cognitive decline and confusion

Protein is critical as we age.

The aging body processes protein less efficiently than when we were younger. This isn't just true for the elderly that might be ill or facing chronic conditions, but for all seniors.

A 2013 study recommends that healthy older adults consume 1 to 1.2 grams of protein per kilogram of body weight per day. For the average woman that is about 70 grams and for a male, 100 grams of protein per day.

### A few examples of what our diets offer in grams of protein is as follows:

- 4 oz chicken breast = 25 grams
- 2 eggs = 12 grams
- 2 oz cheese = 14 grams
- ½ cup of chickpeas (garbanzo beans) = 18 grams
- 1 cup leafy greens = 9 grams
- 1 cup broccoli = 2.6 grams
- 1 oz mixed nuts = 5 grams
- 1 cup of oatmeal = 6 grams
- 8 oz cow's milk = 8 grams
- 8 oz almond milk = 1 gram

If you are having difficulty meeting your nutritional needs or have symptoms of nutritional deficiencies, adding in protein powders is also an alternative to whole food consumption that will help you meet your nutritional goals. Again, talking to a medical professional about what's best for you is essential.

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.

### 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!

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# WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2024 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2024.

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- Chris Poole