Heath MAGAZINE March 2024

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JOINT PAIN

How New GLP-1 Weight Loss Medications and Regenerative Therapy **Work Together**

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How Competitive Edge Performance Supports Seasonal Residents

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Pasco/North Tampa/New Tampa Edition - Monthly

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NEUROPA

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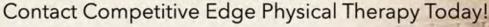
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READ MORE ON PAGE 8.







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JOINT PAIN RELIEF: How New GLP-1 Weight Loss Medications and Regenerative Therapy Work Together

By Daniel Sucherman, MD

ou've heard the buzz about GLP1 medications. Are they right for you and can they help give you joint pain relief by reducing your weight and inflammation throughout the body?

Are you or someone you know dealing with nagging joint pain? It can prevent you from doing the things you love and enjoying life. But guess what? There's some exciting news in the world of medicine that might just make a difference – it's all about combining GLP-1 medications with regenerative therapies. Let's take a closer look at how this powerful duo could change the game for people struggling with weight and joint discomfort.

What are GLP-1 medications? Originally, they were developed to help people manage their blood sugar levels. But scientists quickly discovered they do more than just that. Patients on these medications lose around 20% of their body weight! These medications also seem to have a knack for easing joint pain too! How? Recent research indicates the presence of GLP-1 receptors in joint tissues, suggesting a role beyond glycemic control and weight loss. These medicines help calm down inflammation – that's the stuff that makes your joints feel achy and swollen.

So, imagine you're dealing with arthritis or other joint damage. Your joints are inflamed, causing pain and stiffness. But when you take GLP-1 medications, they swoop in and help dial down that inflammation. Plus, while you are losing weight, they might even help protect your joints from getting worse over time. That means less pain and more flexibility – a win-win!

But here's where things get really interesting: combining GLP-1 medications with regenerative therapy. Regenerative therapy is rooted in using your body's natural healing mechanisms to repair damaged tissues. Think of it like giving your joints a boost of healing factors.

So, when you team up GLP-1 medications with regenerative therapy, it's like giving your joints a double dose of relief. GLP-1 medications help you



lose weight and also calm down inflammation and protect your joints, while regenerative therapy kicks your body's healing process into high gear, repairing any damage that's already been done.

Imagine being able to not only ease your joint pain but also potentially reverse some of the damage caused by your condition. It's a pretty exciting new treatment combination that is offering hope to millions of people dealing with chronic joint issues.

And the best part? This combo treatment is available now at QC Kinetix. So, if you're tired of sitting on the sidelines because of achy joints, it might be time to call QC Kinetix and find out whether this combo could be right for you.

Combining GLP-1 medications with regenerative therapy could be a game-changer for anyone struggling with joint discomfort, especially if you also need to lose some weight. By tackling inflammation and promoting healing, this dynamic duo offers new possibilities for restoring joint health and reclaiming a life free from the limitations of joint pain. So, don't wait — call QC Kinetix today and find out if this innovative treatment approach could help you lose weight and get back to doing the things you love, pain-free!

Laurie's Story:

Laurie M. heard about QC Kinetix, a local regenerative medicine practice that was helping people with joint pain ditch pain medications and avoid surgery. Today she is so grateful she made that appointment to learn more. The doctor took the time to review her images and do a thorough exam and pinpoint the root cause of her pain. He explained how QC Kinetix uses the body's own healing factors to repair damage done to joints over years of wear and tear. In Laurie's case she admits the pain, and a stressful job, had led to weight gain and an overall feeling of sluggishness. The more weight she gained, the more her knees hurt, the harder it was to lose weight. The QC Kinetix team recommended a winning combination of GLP-1 weight loss medications and regenerative medicine, Laurie is down 50lb. Her knees feel better than she ever imagined they would and she is back to enjoying her life. The advice she gives to others is "Life is too short, call QC Kinetix and start enjoying it again."



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CANCER PREVENTION? NUTRITION MATTERS

ational Nutrition Month® is sponsored annually by the Academy of Nutrition and Dietetics to focus on the importance of making informed food choices, developing good eating habits and staying physically active.

Did you know a healthy lifestyle can lessen your chances of developing cancer?

Nearly 2 million Americans will be diagnosed with and more than 611,000 will die of cancer in 2024, according to the American Cancer Society. Research shows that nearly one half of these cancer cases and deaths are preventable.

There is growing evidence that what we eat plays a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Certain types of breast and colorectal cancer have also been linked to what we eat.

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. It's also important to limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Old American Plate

New American Plate





Source: American Institute for Cancer Research (AICR)

The New American Plate

The Dietary Guidelines, published most recently in 2020 by the U.S. Departments of Agriculture (USDA) and Health & Human Services (HHS), are designed to help Americans make healthy food choices at distinct stages of life to maintain health and reduce the risk of chronic diseases.

Many of us may be familiar with the MyPlate graphic, which recommends filling half our plates with fruits and vegetables and the other half with grains and protein-rich foods, with a cup of dairy on the side. Still, the traditional American meal often contains sizable portions of meat (beef, lamb and pork, which are associated with an increased risk of colon and rectal cancer) and processed foods, few vegetables and too many calories.

The American Institute for Cancer Research (AICR) provides healthy eating recommendations specifically to prevent cancer. The AICR New American Plate aims to have non-starchy vegetables, fruits, whole grains and beans make up two-thirds (or more) of each meal, and lean poultry, such as poultry and seafood, make up one third (or less). Fruit is a suggested dessert.

Reflecting the latest and most authoritative scientific worldwide research, the AICR recommends a plant-based diet.

What exactly does plant-based mean, and is this diet right for you? Many think "plant-based" means eating tofu, brown rice and vegetables for every meal. Not so! This term refers to eating less animal protein and more fruits, vegetables, whole grains and plant protein.

A plant-based diet can help prevent or ease the effects of many conditions, including cancer, diabetes or high cholesterol, as well as aiding in weight loss and the prevention of stroke and heart disease. Of course, if you have a unique medical condition, work with your health care provider to develop a diet that best suits your needs.

An easy tip? Plan for a variety of foods and colors, and if your plate looks like a rainbow, you are making great food choices. Here's a partial list of plant-based foods that contain valuable vitamins and minerals proven to lower cancer risk:

- Apples
- Cauliflower
- Kale

- Asparagus
- Cherries
- Oranges

- Blueberries
- Cranberries
 Flaxseed
- Raspberries

- Broccoli
- Grapefruit
- Spinach

- Brussels sprouts
 Carrots
- Grapes
- Strawberries
 Tomatoes
- rrots •

Does Sugar Feed Cancer?

"Does sugar feed cancer?" is one of the top questions patients ask oncology dietitians. There is no clear evidence that sugar directly fuels cancer growth or that eliminating sugar can slow cancer growth.

However, AICR guidelines recommend limiting sugar-sweetened drinks and excess sugar, which can lead to weight gain. According to AICR, excess body weight increases the risk of at least 12 cancer types.

Save Money and Eat Healthier

It may seem like healthier foods are too expensive, but it may be easier than you think to plan your menus around them. You'll get the most out of your food budget by purchasing some of the foods listed here:

- · Beans, peas and lentils
- · Potatoes and sweet potatoes
- · Peanut butter
- · Canned salmon, tuna and crab meat
- · Grains such as oats, brown rice and barley
- · Frozen or canned fruits and vegetables
- Eggs Yes! Even if a dozen eggs cost five dollars, that's 42 cents each for a high-quality, versatile protein source!

Make Healthy Snacks at Home

Eating more healthly can be less costly if you think and plan ahead.

Make homemade snacks by purchasing quart containers of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit, and whole grain pretzels or cereal to portion accordingly. Air-popped popcorn and fresh fruits in season also tend to cost less than pre-packaged items. Bananas and apples are terrific snacks that travel well.

Aside from healthy eating, there's much more you can do to reduce your cancer risk. Limit the time you spend sitting and strive for daily physical activity. Aim for a healthy weight, limit alcohol and avoid smoking and tobacco in any form.

Independent scientific studies from around the world show that the more closely you follow these cancer prevention recommendations, the lower your risk of developing cancer. It's definitely worth the effort!

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ust because you are taking a break from the winter chill, that doesn't mean you have to sacrifice your health and wellness journey. Competitive Edge Performance (CEP) is dedicated to ensuring that seasonal residents like you can enjoy every moment in the sunshine state without the aches and pains that might hold you back.

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- Continuity of Care: Communication with out-of-state providers is crucial for continuity of care. We'll make sure there's a seamless transition, so your health doesn't skip a beat.
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Many Seniors are Malnourished

isdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own. It's important to map out plans to make the home safer and easier to maneuver, but it's also critical to incorporate healthy eating options on a regular basis.

Due to physical limitations and/or cognitive issues, many seniors are malnourished. Not eating properly puts seniors in jeopardy; they are at the highest risk of all the population in the United States except for youth. Improving the diet with nutritious foods will provide longer healthier life.

Setting reminders, providing groceries or meal services are helpful, as is checking in on the elderly.

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
- Depression
- Cognitive decline and confusion

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.

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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

• Scnior Assisted Living – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming, and household chores

Asten 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.

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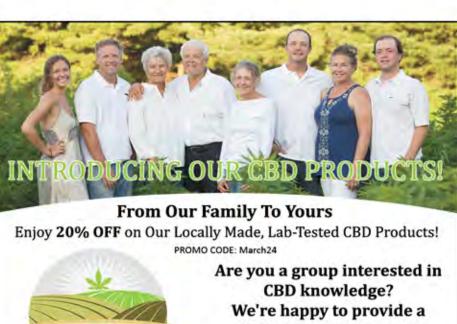
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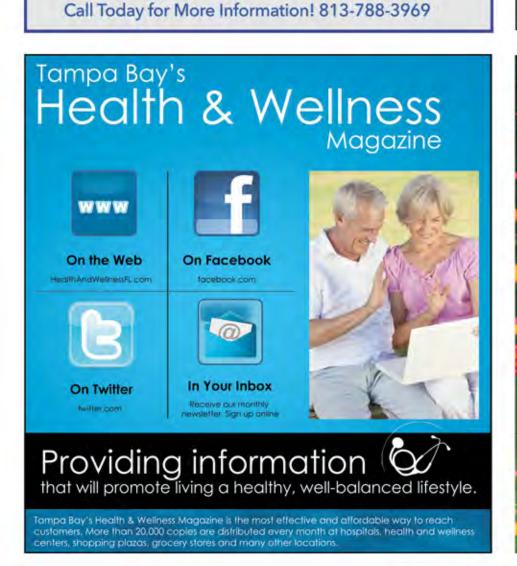
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Vaginal Dryness + Painful Sex **Could be Signs of Endometriosis**

By Parveen Vahora, M.D.

ndometriosis is a painful, chronic condition that affects an estimated 1 in 10 women of reproductive age. It occurs when tissue like that which lines the uterus is found outside the uterus, usually in the abdomen or pelvis. Endometriosis most commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis. Endometriosis can cause pain, infertility, and other symptoms. Treatment typically includes lifestyle changes, medications, and in some cases, surgery.

The most common symptoms of endometriosis are pelvic pain, pain during or after sex, and heavy periods. Other symptoms include fatigue, bloating, and difficulty getting pregnant. With endometriosis, the endometrial-like tissue acts as endometrial tissue would - it thickens, breaks down and bleeds with each menstrual cycle. But because this tissue cannot exit your body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

Endometriosis is a long-term problem without treatment, and it usually lasts until menopause. After menopause, areas of misplaced endometrial tissue tend to become smaller and are less likely to cause symptoms. That is particularly true if your symptoms have come only during menstrual periods.

Various treatments are available for endometriosis, including lifestyle changes, medications, and in some cases, surgery. Lifestyle changes, such as exercising regularly, eating a healthy diet, and managing stress, can help reduce symptoms. Medications, such as pain relievers, hormones, and anti-inflammatories, can also help manage symptoms.

Conservative surgical treatments of endometriosis include a laparoscopic outpatient procedure. During laparoscopy, your doctor will destroy small areas of extra endometrial tissue that are implanted outside the uterus. The surgeon may burn them away or use a laser to vaporize them. Your doctor also may trim away tissue that is displacing your pelvic organs. These procedures are not painful and produce great results; however, the endometrial tissue may also return without adding pharmaceutical treatment.



Oral contraceptives are often used to treat mild to moderate symptoms of endometriosis, but they do not treat the underlying cause of the disease. For more severe cases, two medications have been approved by the U.S. Food and Drug Administration (FDA) for the treatment of endometriosis: Orilissa (elagolix) and Lupron (leuprolide acetate).

One of the new medications approved for the treatment of endometriosis is Orilissa (elagolix). Orilissa, taken orally, is a non-hormonal medication that blocks the action of hormones that stimulate the growth of endometriosis. It is used to reduce moderate to severe pain caused by endometriosis. Orilissa may be used alone or with other medications. Orilissa belongs to a class of drugs called Gonadotropin Releasing Hormone Antagonists. Side effects of Orilissa include headache, nausea, hot flashes, and decreased bone mineral density. In women receiving this drug for endometriosis, hormone replacement therapy is recommended to reduce bone mineral density loss and vasomotor symptoms.

Lupron (leuprolide acetate) is a hormone therapy administered via injection or implant every three to six months. It works by reducing the levels of estrogen, which can help reduce the size of endometriosis implants, decrease pain, and improve fertility. Luperon is also used to treat the symptoms of prostate cancer in men. In women receiving this drug for endometriosis, hormone replacement therapy is recommended to reduce bone mineral density loss and vasomotor symptoms. Common side effects of Lupron include hot flashes, headaches, vaginal dryness, and painful sex.

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Neuropathy Can Be Treated With Advanced Technology, BUT Not All Providers Offer This Therapy

BY DR. ROBERT LUPO. D.C.

one of us are impervious to aches and pains, but for numerous individuals chronic tingling, numbness, and pain disrupts their lives on a daily basis. In the United States, neuropathy affects close to 25 million people. Neuropathy symptoms are typically a heavy sensation in the limbs with numbness, tingling and pain.

Many people only associate neuropathy with diabetes, but that percentage makes up about 30% of the population affected. Other causes of the disorder are viral conditions, immune disorders, trauma, celiac, radiation therapy, chemotherapy, vascular disease, and alcohol use disorder, to name a few. Neuropathy can become debilitating.

What you don't want to do is ignore your symptoms. Treatment is critical to get you back to living and enjoying your life.

Traditional Treatments

The most common treatment for nerve damage is to mask it with prescription medications. Unfortunately, these medications are addictive and only act as a band aid. Getting to the root cause of your neuropathy is critical.

A Better Treatment Option

there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Advanced Treatment with Quantum Technology **Gets to the Root Cause**

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results.

Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

RST Sanexas: Is NOT a TENS unit device

For three decades, RST Sanexas' ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.



In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represent 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

How Sanexas Technology Relieves Neuropathic Pain Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and subatomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.

Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will

vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

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

Dr. Robert Lupo, D.C.

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

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

Source: https://www.rstsanexas.com/science



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Finally, There's Real Relief for Lower Back Pain

hen you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The Ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with The National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunc-

tion. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD.
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

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 & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and

Founder, Sunil Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At The National Institute for Spine & Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries.

They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).

The National Institute of Spine & Pain

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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.¹

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

References

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



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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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



www.hyperbariccentersofflorida.com

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!

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, *not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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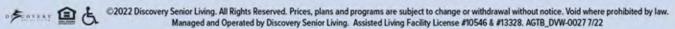
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- Chris Poole