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CELEBRATING FATHER'S DAY
WITH GAINSWAVE

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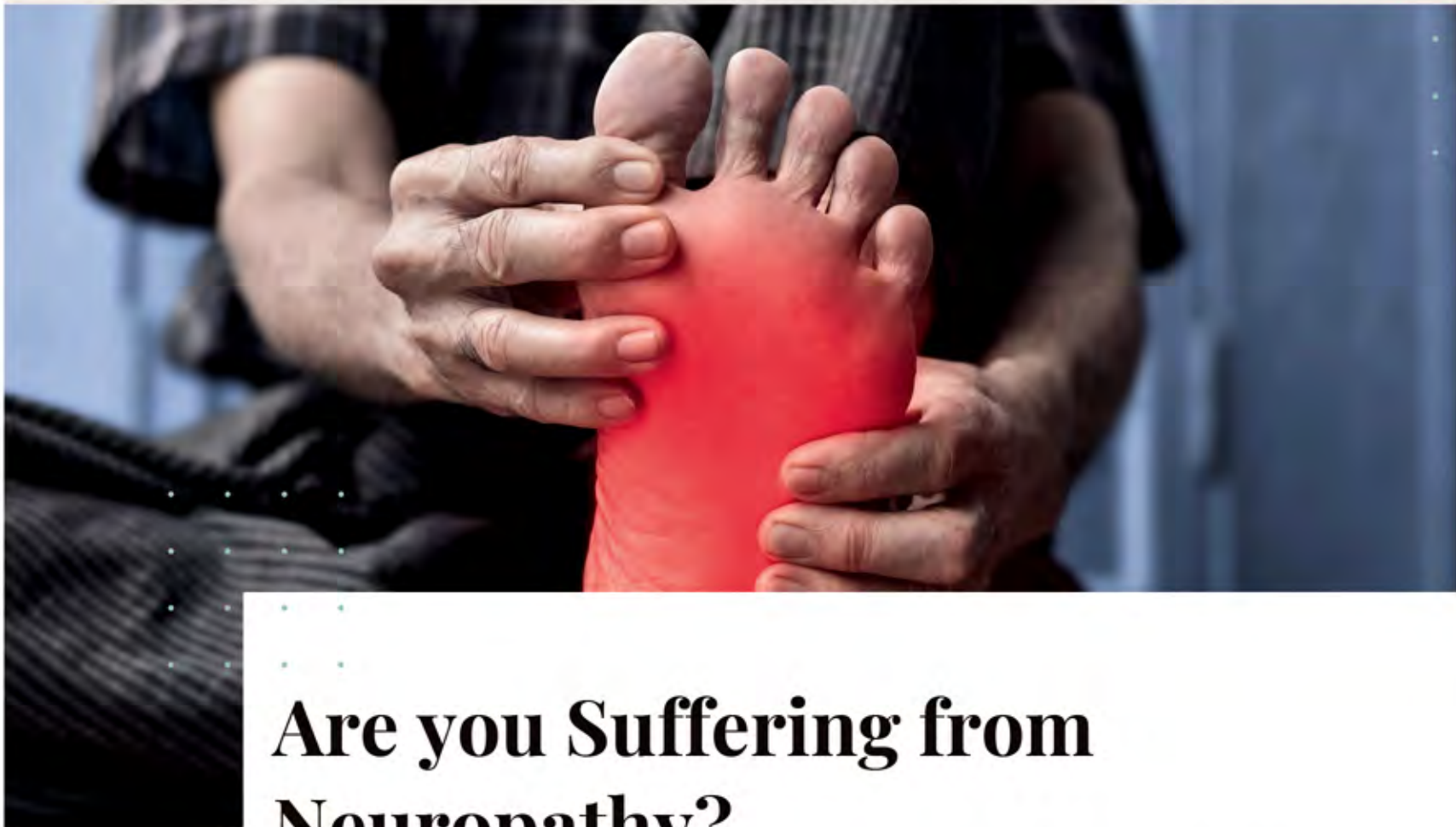
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JOINT PAIN RELIEF: How New GLP-1 Weight Loss Medications and Regenerative Therapy Work Together

By Daniel Sucherman, MD

You've heard the buzz about GLP-1 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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MEN'S HEALTH MONTH:

The Top 4 Cancers in Men and What You Need to Know

Men's Health Month, celebrated every June, is a good time for men of all ages to focus on steps to reduce their cancer risks and learn about the screenings available to detect problems early.

Skin, prostate, lung and colon cancer are the four most common cancers in American men. Here's a closer look at what men need to know.

SKIN CANCER

More people are diagnosed with skin cancer in the U.S. each year than all other cancers combined. While skin cancers have been on the rise during the past 10 years, the rate of increase is higher in men than in women.

Researchers believe that composition differences in men's skin contribute to this increase. Men have thicker skin with more collagen and elastin and less fat underneath, making it more likely to be damaged by the sun's UV rays.

The good news is that skin cancer is one of the most preventable cancers. *Here's how to reduce your risk:*

- Whenever you are in the sun, even briefly, wear sunscreen with a sun protection factor (SPF) of 30+, and reapply frequently.
- Do not use tanning beds.
- Avoid exposure to harmful chemicals and pollutants like motor vehicle exhaust, coal tar, petroleum products and tobacco.

It's important to be in tune with your skin. Watch for any change in moles or freckles, and be aware of suspicious new growths, especially on the chest, back, arms, neck and face. It's also recommended to have an annual skin check by a health care provider.

PROSTATE CANCER

Aside from skin cancer, prostate cancer is the most common cancer in American men. One in 8 men will be diagnosed with prostate cancer in their lifetime. African American men are 60% more likely to develop the disease than white, Latino or Asian men.

Warning signs for prostate cancer can include:

- Frequent urination, often with the sudden need to urinate in the middle of the night
- Pain or burning during urination
- Blood in the urine
- Weak urine flow

Some men have no symptoms, which reinforces the importance of screenings. The American Cancer Society recommends prostate cancer screening beginning at age 50 for men at average risk and age 45 for African American men and any male with an immediate family member diagnosed with the disease before age 65.

Screenings may involve a blood test measuring prostate-specific antigen (PSA) levels. As a rule, the higher the PSA level, the more likely that a problem is present. A digital rectal exam can also detect abnormalities.



LUNG CANCER

Lung cancer remains the leading cause of cancer deaths in the U.S. and the cause of 22% of all cancer deaths in men.

Approximately 85% of all lung cancers occur in people who smoke or who are exposed to second-hand smoke. However, about 20% of lung cancer deaths occur in people who have never smoked. Nonsmokers diagnosed with lung cancer experience a unique set of genetic cancers, and researchers are working to understand more about their causes.

In many cases, there are no symptoms associated with early-stage lung cancer. A tumor may only be detected once it becomes reasonably large. **Symptoms to be alert for include:**

- Coughing up blood, or a cough that doesn't go away
- Recurrent episodes of pneumonia or bronchitis
- Wheezing or shortness of breath
- A high-pitched, whistling-type sound when breathing in or out, or hoarseness in your voice

Because symptoms can be vague, it's essential to pay close attention to any warning signs and contact your health care provider if you experience any symptoms. Low-dose spiral CT scans (a type of X-ray imaging) of the chest can detect lung cancer in its early stages and are recommended for people with a history of heavy smoking.

COLORECTAL CANCER

Colon and rectal cancer, also referred to as colorectal cancer, encompasses cancer of the colon and rectum, parts of our digestive system that process and help pass foods, water and waste out of the body.

When cells grow out of control, the abnormal growths, called polyps, can become cancerous. As a tumor grows, it may bleed or block the intestine. The most common warning signs include blood in the stool or toilet after a bowel movement, dark or black stools, or bleeding from the rectum.

Because there are often no signs or symptoms, screening is vital to detect polyps, genetic changes or other abnormalities. The American Cancer Society recommends regular screenings beginning at age 45, or sooner if you have a family history of colorectal cancer. Colonoscopy, sigmoidoscopy, and blood or stool tests are the most common screening tools.

WAYS TO REDUCE YOUR RISK

While aging and genetics are factors we cannot change, there are still many ways to reduce your cancer risk.

Don't smoke. The carcinogens in tobacco can damage nearly every organ in the body, increasing the risk of cancer and other diseases. If you smoke, find a way to quit. Talk with your doctor, and check out resources in your local community and online.

A plant-based diet high in fruits, vegetables, beans and whole grains and low in red meat, processed foods and sugar can help reduce cancer risk. Men should limit alcohol consumption to no more than two drinks per day.

Aim for at least 30 minutes of physical activity daily to help 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 chronic disease, including cancer.

Stay current with screenings. Generally, when cancer is detected earlier, treatment is less extensive, outcomes are improved and recovery is faster. Screenings are safe, effective and vital. Speak with a medical professional to make the best decisions specific to your health status, including the benefits and any risks of testing and how often you should be screened.

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In Pasco County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancer and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available – increasing cure rates and extending lives.



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HEALING A HERNIATED DISC: IS PHYSICAL THERAPY ALONE ENOUGH?

A herniated disc, also known as a slipped disc, can occur during strenuous activities, physical labor, or even simple, awkward movements. This condition not only causes significant pain and discomfort but also limits your mobility.

At Competitive Edge Physical Therapy in Tampa, FL, we employ revolutionary technology and hands-on therapy programs to manage symptoms and aid recovery from herniated discs. Our team offers insights into your recovery journey and the innovative treatment options available to expedite your healing process.

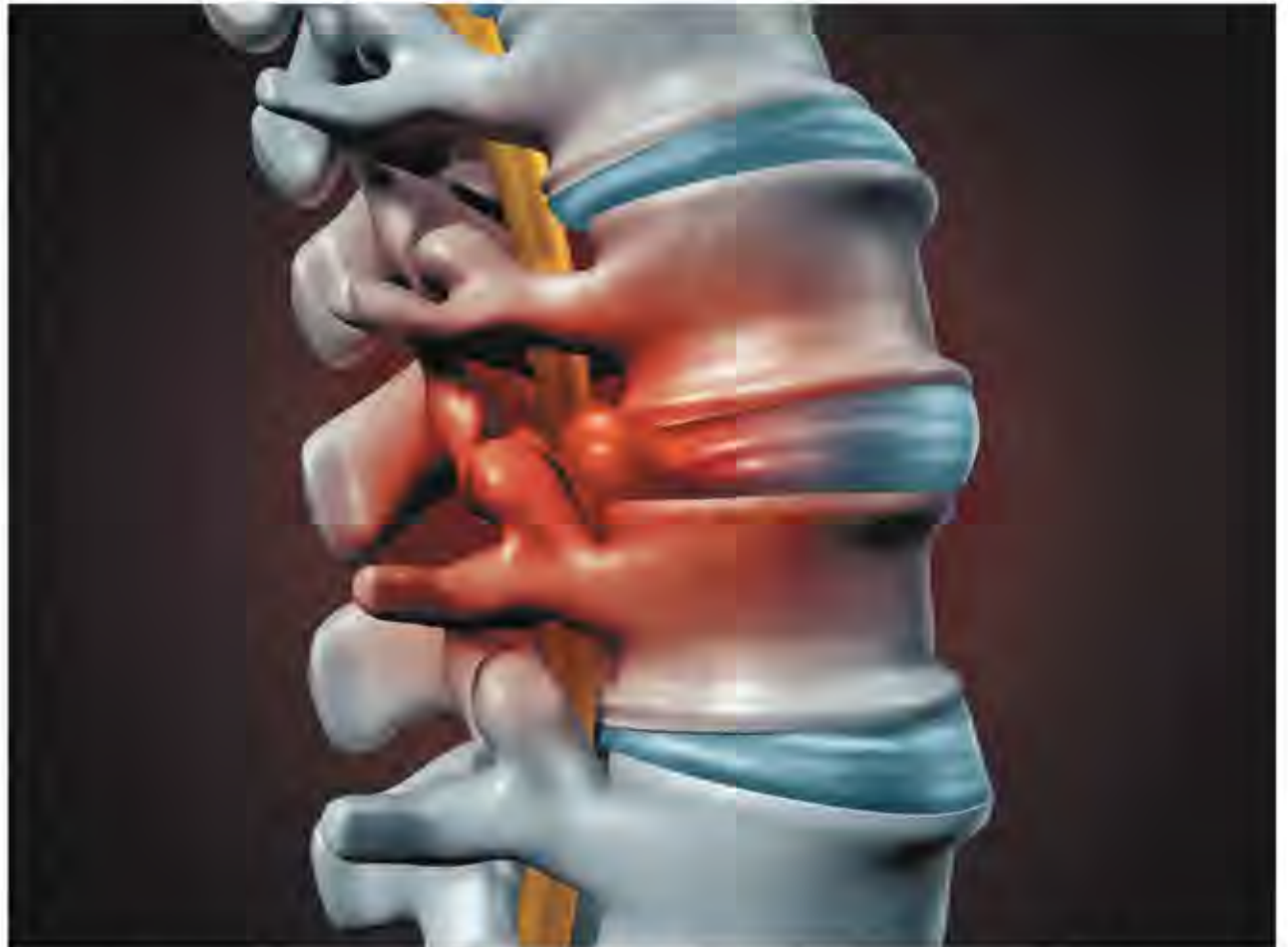
Understanding Herniated Discs

Your spine is made up of vertebrae and discs; the latter are soft, rubbery tissues that sit between each vertebra. These discs act as shock absorbers, cushioning your spinal movements. A herniated disc occurs when one of these discs is displaced due to a sudden or incorrect movement, losing its ability to cushion the vertebrae properly. This often results in pain that may radiate from the affected area down through the buttocks and legs.

Non-Surgical Healing Possibilities

It's possible to heal a herniated disc without surgery. Many patients see an improvement within a few months with appropriate treatment. The body naturally initiates several healing processes, including:

- **Immune System Activation:** Your body identifies and reacts to damaged tissues, reducing inflammation and pain.
- **Reduced Water Absorption:** As the injured disc loses moisture, it decreases in size, reducing its impact on surrounding nerves.
- **Controlled Disc Mechanics:** Your body's natural inclination to limit movement can reduce discomfort over time, but professional physical therapy is crucial to fully restore movement and prevent future issues.



Advanced Physical Therapy Techniques

At Competitive Edge Physical Therapy, we combine expert care with the latest technologies to help you regain mobility and comfort. We offer several treatments that cater to both work-related and exercise-induced injuries:

- **NEUBIE E-Stim Therapy:** This FDA-cleared device enhances neurological control over movement and promotes healing. It's particularly effective in managing pain from herniated discs by alleviating nerve compression and improving circulation.
- **Winback Tecar Therapy:** Utilizing high-frequency sound waves, this therapy stimulates internal healing, easing stiffness and fostering cell repair.
- **Pulsed Electromagnetic Field Therapy (PEMF):** PEMF targets damaged tissues with energy waves, accelerating cell rejuvenation and calming your body's stress responses.

Experience Comprehensive Care at Competitive Edge Physical Therapy

While a herniated disc might heal over time, our skilled clinicians at Competitive Edge Physical Therapy ensure a quicker and safer recovery, helping you return to your peak potential. If you're ready to begin your journey to recovery, call **813-849-0150** to schedule an injury screening in Tampa, Florida. Let us integrate cutting-edge technology into your personalized treatment plan and witness the art and science of healing firsthand.

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Alzheimer's & Dementia: A Growing Epidemic

It may seem unbelievable that the statistics for Alzheimer's and Dementia are skyrocketing to upwards of 6 million in the US, and that number is expected to triple by 2050. Have you or a loved one already been diagnosed with this devastating disease?

Forgetfulness, agitation and frustration, social withdrawal, difficulty with daily tasks, these are all symptoms of Dementia. Every 66 seconds someone develops Dementia in the U.S. Experts estimate that the number will be close to 15 million people by mid-century.

With Dementia, there are several different types, but one common and often overlooked type is vascular dementia, which usually affects individuals that have suffered a stroke or mini-stroke(s). Vascular dementia injures the brain in the area that controls memory, problem solving and speech. This type of dementia progresses at a slower pace, but with nonetheless frustration and self-consciousness for its sufferers.

Warning Indicators

The signs and symptoms of dementia are different for every patient, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Changes in personality
- Agitation and Frustration
- Difficulty with daily tasks
- Social withdrawal
- Aphasia (speech disorders)
- Sundowning/Sleeplessness/Restlessness, especially in the evening

Treatment

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. There are lifestyle choices that can help patients stave off the progression. These include:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors



Alzheimer's and Dementia Preventative Measures Eating a nutritious diet, such as the Mediterranean or Dash diet provides essential nutrients for the brain's health. There have also been many studies on high doses of vitamin C and antioxidant therapy that help to protect cognition.

Staying social is also an impactful method to keeping your brain active. Along with socialization, staying physically active is imperative to keeping your oxygen-rich blood pumping and for warding off Alzheimer's and dementia.

Aston Gardens offers a memory care facility on their Tampa Bay Campus.

Aston Gardens

Aston Gardens is also one of the most highly sought after communities, due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.

Independent living 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 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.

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

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Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

When 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 dysfunction. 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

4911 Van Dyke Rd., Lutz, FL 33558
10740 Palm River Rd, Suite 490, Tampa, FL 33619

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org



Boosting Dad's Health & Happiness: Celebrating Father's Day with GAINSWave

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn’t treat the cause. This year, instead of traditional Father’s Day gifts, why not consider something that will truly make a difference in your father’s health and happiness?

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

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

Treat ED’s Cause with GAINSWave

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

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of



new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

it’s Never too Late

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

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

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

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

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

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

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

Dr. Robert Lupo, D.C.

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

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

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Vaginal Dryness + Painful Sex Could be Signs of Endometriosis

By Parveen Vahora, M.D.

Endometriosis 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. Lupron 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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Introducing our exclusive GYN VIP, Rewards Program, designed to enhance your journey to beauty and wellness! As a valued member, you'll unlock many benefits and indulgent perks tailored just for you. Earn treatments with every visit, and watch your rewards accumulate towards exciting offerings. Enjoy VIP access to the latest advancements in skincare, rejuvenating therapies, and luxurious spa experiences. Pamper yourself with discounted services, complimentary upgrades, and priority bookings. Plus, gain insider access to exclusive memberships stay on top of the latest trends and techniques. Join GYN VIP today and embark on a path to extraordinary self-care, where the more you invest, the more you'll be rewarded. Let us be your trusted partner on your journey to radiance and well-being.

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DR. PARVEEN S. VAHORA, MD, FACOG:

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PERIPHERAL NEUROPATHY BREAKTHROUGH

"My feet feel like they are on fire."

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Call (727) 490-6060 to schedule an initial consultation or visit AcuofwestFL.com to read more incredible success stories.



ABOUT Dr. Kim Windschauer

I am an Acupuncture Physician, Board Certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) as well as the Florida State Board of Health, to practice both Acupuncture and Herbal Medicine.

I graduated from East West College of Natural Medicine, and am a member of the Florida State Oriental Medical Association (FSOMA). I have a Masters in Science degree in Traditional Chinese Medicine and a Bachelor's degree in Health Services, from East West College of Natural Medicine, as well as a Bachelor of Arts degree from the University of South Florida.

I am one of the few native Floridians, born and raised right here in St. Petersburg. My husband and I have been married for over 35 years, and have nine children: Tyler, Jordann, Gabriel, Kevin, Annalyse, Lucas, Olivia, Cameron, and Addison. While the first five have moved into their own homes, and two are in college, we are far from empty nesters, having teenage twins and several dogs running around the house to keep us on our toes!

Alzheimer's Awareness Month: The Link between dementia and UTIs

UTIs and Dementia: An Overlooked Connection

Urinary tract infections (UTIs) are a common yet often overlooked issue among individuals living with Alzheimer's disease and other forms of dementia. While UTIs can affect anyone, the risk is heightened in those with dementia due to various factors, including decreased personal hygiene and challenges in communicating symptoms.

At the root of this problem lies the reduced ability of people with dementia to maintain proper hygiene and personal care. As cognitive function declines, tasks such as regular cleaning and staying hydrated become increasingly difficult, creating an environment conducive to the growth of harmful bacteria that can lead to UTIs.

Compounding the issue is the challenge in detecting UTIs in individuals with dementia. Many individuals with dementia experience communication difficulties, making it challenging for them to express discomfort or symptoms clearly. Additionally, the symptoms of UTIs can overlap with those of dementia, further complicating the diagnosis.

The signs of a UTI in someone with dementia can be diverse and may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations, and paranoia. Physical symptoms such as pain or a burning sensation when urinating, frequent urination, cloudy or bloody urine, lower abdominal pain, urinary incontinence, and mild fever may also be present.

The connection between UTIs and dementia is multifaceted, with symptoms from both conditions often intertwining. This overlap can lead to misdiagnosis or a delayed response, exacerbating the situation and potentially causing further complications.

Early detection and prompt treatment of UTIs are crucial for individuals with dementia, as untreated infections can worsen cognitive function and contribute to an overall decline in health. Caregivers and healthcare professionals play a vital role in recognizing the signs and advocating for appropriate medical attention.

IS IT A UTI OR IS IT ALZHEIMERS? WHY IT CAN BE HARD TO TELL

Common Symptoms Shared by UTIs and Dementia

- Confusion
- Agitation
- Hallucinations
- Unusual behavior changes
- Dizziness
- Falling
- Frequent need to pee

Getting Help

When UTIs wreak havoc, we sometimes see message threads in which caregivers are in a state of panic about the symptoms. And for good reason — the symptoms are powerful and can actually mimic the end of life for some people. Getting a urine test may not be the first thing you think of when your loved one starts behaving so differently, but these changes often occur with a UTI due to fever and increased pain. When you see sudden behavioral changes, it is important to rule a UTI out and consult with a doctor.

How can people with dementia prevent UTIs?

Preventing UTIs in people with dementia is crucial for their overall well-being. Here are some tips to help reduce the risk:

- **Stay Hydrated:** Encourage regular fluid intake to promote proper urinary function.
- **Frequent Bathroom Breaks:** Prompt people with dementia to use the bathroom regularly to prevent urinary retention.
- **Proper Hygiene:** Do your best to help with maintaining personal hygiene, including wiping techniques. Women especially need to wipe front to back after using the bathroom to avoid bacteria spread.
- **Cranberry Pills:** Take a daily cranberry pill to prevent bacteria from sticking to the urinary tract lining.
- **UTI Test Strips:** Keep Utiva UTI Test Strips on hand to diagnose UTIs early and start treatment right away.

Utiva Cranberry PACs: A Clinically Effective Prevention: Utiva Cranberry PACs offer a promising solution for UTI prevention without contributing to antibiotic resistance. Cranberry proanthocyanidins (PACs) have been extensively studied for their ability to inhibit bacterial adhesion to the urinary tract, preventing the colonization and proliferation of UTI-causing bacteria. A urogynecologist, Dr. Emily Rutledge emphasizes, "There is a lot of evidence that cranberry supplements are safe and effective. You can find all sorts of cranberry supplements but if they don't have that 36 mg PAC and are measured by DMAC/A2 then they are a waste of money." Utiva Cranberry PACs, with a standardized dose of 36 mg PACs measured by DMAC/A2, provide a clinically effective option for individuals seeking to reduce their risk of recurrent UTIs.

Recurrent UTIs pose a significant health concern, exacerbated by the growing threat of antibiotic resistance. Healthcare providers and patients play a vital role in addressing this challenge by adopting preventive strategies and exploring alternative approaches to UTI management. Dr. Colleen McDermott, another urogynecologist, recommends, "Antibiotics are the

first-line treatment, but there are clinically proven options to help prevent. When considering cranberry supplements, I recommend my patients select a product with 36 mg of PACs." Utiva Cranberry PACs offer a safe, evidence-based option for UTI prevention, empowering individuals to take proactive steps towards better urinary health and reduced reliance on antibiotics.

Sources:

- https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection
- <https://www.utivahealth.ca/blogs/resources/the-link-between-dementia-and-utis-spotting-the-signs-and-preventing-infection#:~:text=People%20with%20dementia%20are%20twice,keep%20infections%20away%E2%80%94for%20good>

For more information, visit Utiva's webpage.

<https://www.utivahealth.com> or call:

1-888-622-3613



Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

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

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

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

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

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

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

References:

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



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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

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www.hyperbariccentersofflorida.com

When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "*Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.*"

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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Your Life!

Dr. Kim's treatments allow you to live life to its fullest.

Sustainable wellness is about living better... longer! Dr. Kim Windschauer, Acupuncture Physician, believes that sustainable health is achieved through the greatness of the whole. Through the integration of Eastern therapies, Dr. Kim takes a balanced approach to optimal physical and emotional health.

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Dr. Kim Windschauer

Doctor of Oriental Medicine, Acupuncture Physician

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ACUPUNCTURE TREATMENTS

Below are just a few of the most common health issues that Dr. Kim treats:

PAIN RELIEF

- Back • Sports Injuries • Cancer Related
- Headaches • Migraines • Fibromyalgia
- Knee • Neck • Sciatic • Arthritis

CARDIOVASCULAR

- Hypertension • Hypotension • Palpitations

NEUROLOGICAL

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

WOMEN'S HEALTH

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

MEN'S HEALTH

- Overall Men's Health • Prostatitis • Fertility

RESPIRATORY

- Common Cold • Allergies • COPD

IMMUNE SYSTEM

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

DIGESTIVE

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

ADDICTION

- Drugs • Alcohol • Nicotine

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YOUR JOINTS TO RETURN TO THAT
LIFESTYLE YOU LOVE



Daniel Sucherman, MD

At QC Kinetix, our regenerative treatments go to the root of your pain to resolve it at its source. We don't try to mask your pain or attempt to manage it for you. Instead, we use regenerative medicine to harness and engage your body's natural ability to renew itself, providing improved function while avoiding surgery.

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"The #1 question I had is if this actually works and after going through the treatments, I can say for certain that this works better than advertised."
- Chris Poole