

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

August 2024

Tampa Bay Edition - Monthly

www.healthandwellnessFL.com

FREE 

OBSERVING WORLD LUNG CANCER DAY

**THE TRUTH ABOUT
LUNG CANCER**

See Page 7

ANNUAL WELLNESS EXAMS

**CHECK THEM OFF
YOUR LIST - NOW**

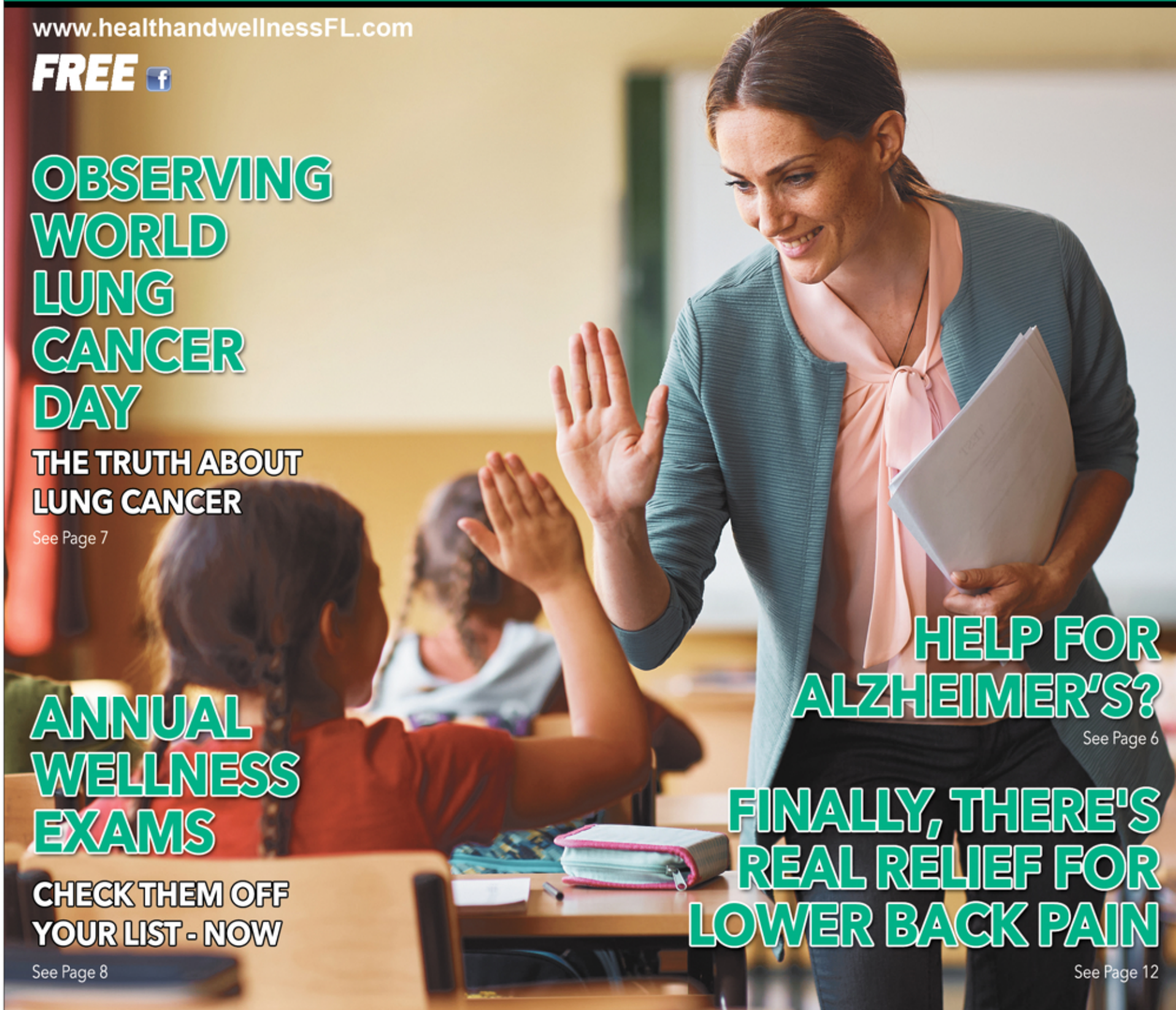
See Page 8

HELP FOR ALZHEIMER'S?

See Page 6

FINALLY, THERE'S REAL RELIEF FOR LOWER BACK PAIN

See Page 12





***A Breakthrough Solution for Men
Seeking Better Erections
& Optimal Sexual Performance***

GAINSWave™



SERVICES:

- GAINSWave Therapy
- Hair Loss Treatment
- Platelet Rich Plasma (PRP) Therapy
- Intravenous Nutritional Therapy
- Emsella
- Emsculpt NEO
- Auto Injuries
- Spinal Decompression Therapy
- ALCAT Food Allergy Testing
- Trigger Point Injections
- Massage Therapy
- Headaches/Migraines
- Chiropractic Care
- Hormone Replacement Therapy



**FREE Initial
GainsWave™
Treatment
if You
Qualify!**

**CALL TODAY TO SCHEDULE YOUR
CONSULTATION WITH DR. ROBERT LUPO
AND GET YOUR SEX LIFE BACK.**

813-978-0020

physical  medicine
center

where wellness and beauty meet

DR. ROBERT LUPO, D.C.

www.mybackinplace.com

14522 University Point Place, North Tampa, Florida 33613



Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

To learn more, visit
FLCancer.com/TimeToTreat



 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

EXPLORE TWO AWARD-WINNING COMMUNITIES

U.S. News 2022-23 Best Senior Living Awards have recognized Aston Gardens At Tampa Bay & Discovery Village At Westchase for excellence in senior living.




ASTON GARDENS
At Tampa Bay
By Discovery Senior Living


**DISCOVERY
VILLAGE**
AT WESTCHASE
By Discovery Senior Living



**Come in for a FREE lunch and tour
to see what sets us apart!**



ASTON GARDENS AT TAMPA BAY

813.438.7345

12951 W. Linebaugh Avenue, Tampa, FL 33626
Active Independent Living | Assisted Living | SHINE® Memory Care

DISCOVERY VILLAGE AT WESTCHASE

813.502.1069

11330 Countryway Boulevard, Tampa, FL 33626
Assisted Living | SHINE® Memory Care



©2022 Discovery Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law.
Managed and Operated by Discovery Senior Living. Assisted Living Facility License #10546 & #13328. AGTB_DVW-0027 7/22



CONTENTS

AUGUST 2024

- 6** Help for Alzheimer's?
- 7** Observing World Lung Cancer Day: The Truth About Lung Cancer
- 8** Annual Wellness Exams - Check Them off your list - Now
- 9** Seniors Aging in Place
- 10** GAINESWave Has Helped Numerous Men, Just Like You
- 12** Finally, There's Real Relief for Lower Back Pain
- 13** What Sets Aston Gardens At Tampa Bay Apart?
- 14** Hyperbaric Oxygen Therapy: Can it Boost the Immune System?
- 15** Spiritual Wellness: Dealing With Life's Painful Situations

CONTACT US

OWNER / ACCOUNT EXECUTIVE

BOB GUCKENBERGER
(727) 515-2353
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonnygrensing@yahoo.com

Tampa Bay's Health & Wellness Magazine can be found in over 1,000 Tampa area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Tampa Bay Health & Wellness Magazine in most grocery and convenience stores as well.

**To get your article published and for ad rates, call
Tampa Bay 727.515.2353**

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2024. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Anaidiel Beltran, APRN

SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

*NOW OFFERING GENETIC
TESTING FOR MEN*

*INSPIRING WOMEN TO LIVE
THEIR BEST LIFE BY PROVIDING
COMPASSIONATE CARE.*

Call or email to set up your consultation today!

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

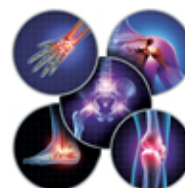
ADVANCED AND INDIVIDUALIZED CARE

NATIONAL INSTITUTE OF SPINE & PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain



ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: appt@nationalinstituteofpain.org

Whatever the source of your pain,
you can benefit from visiting the
Pain Management Center

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

Help for Alzheimer's?

Saving Your Brain is a state-of-the-art facility that offers non-drug programs that offer viable solutions for almost any neurodevelopmental, behavioral, academic, psychological, or mental health issue. Currently we are seeing people from age 2 to age 88 and every age group in between. Some of our younger school age children and young adults we help have been diagnosed with conditions such as ADHD, Dyslexia, Social anxiety, OCD, ODD, and Autism Spectrum. We help children and adults who have been diagnosed with anxiety and depression. We work with people that have auto-immune issues. We help people who have had traumatic brain injuries or strokes. We also help aging adults improve their memory and balance and other symptoms associated with Alzheimer's.

All of the above conditions except TBI, Strokes, and Alzheimer's fall under the heading of "Functional Disconnection Syndrome". There is no pathology in the brain, There is just a functional imbalance between the two hemispheres of the brain. We have found there are several common features in all the conditions that were mentioned earlier. There are some commonalities that are found in every significant academic, behavioral, psychological, or mental health issue. They are the following: retained primitive reflexes, a weakness in one or more of the three major sensory systems that develop and grow the brain – the postural/balance system, the vestibular system, or the oculomotor system, a weakness in either the left or right cerebellum, and a weakness in the opposite hemisphere. The retained primitive reflexes are associated with a hard -wired negative neurobehavior. This can make us a bit "quirky". Integrating the primitive reflexes makes us less "quirky". In the case of Alzheimer's, there has been damage done in certain areas. Even when the brain has been injured, it often can re-route pathways to compensate.

Correcting these imbalances/weaknesses changes the brain's functions and unwanted symptoms markedly reduce or go away. The corrections occur by having the person do a sensory/motor activity repetitively and frequently, while being stimulated by vibration, electrical stimulation, specific sounds, specific smells and cold laser.

Our brains are divided into some 52 Brodmann areas, named after Dr. Brodmann, who mapped them out over 115 years ago. Each area controls certain brain functions and most of these areas connect to other Brodmann areas forming networks. The network on one side of the brain could be like a 6 lane highway but the corresponding network on the opposite side of the brain may be like a farm road. This imbalance

between the hemispheres produces symptoms that we label as things like inattention, poor focus, impulsivity, anxiousness. If we do a specific sensory/motor activity (an activity that involves us seeing something, hearing something, or feeling something and then reacting to it) - for example like keeping time with our hand or foot to the sound of a cowbell. When it is coupled with sensory inputs of vibration, light, and electrical stimulation on one side of the body, it creates neuroplastic changes in the networks on the opposite side of the brain. Over time, as this sensory/motor activity is repeated the changes become "sticky", meaning they stick and are now permanent. This is how neuroplasticity in the brain works. Neuroplasticity is the creation of new pathways or expansion of existing pathways.

Think about going to the gym to work out. There are stations for your chest, stations for your back, stations for your legs, stations for your arms, and stations for cardiovascular fitness. When your muscles are fairly balanced you can use a barbell for things like bench press or curls. What happens if you are in an accident and you break one arm and it was in a cast for 8 weeks? You could not use the barbell to lift weights like before because the casted arm is too weak. You would have to build the weaker arm up using dumb bells or pulleys until it got stronger. Then you could use the bar bell again. At Saving Your Brain, we have different stations for working different networks in your brain. We intentionally work only the weaker side to help it "catch up" to the stronger side.

Most people do not realize that Alzheimer's and dementia are the same. Alzheimer's is the most common form of dementia accounting for 70% of those afflicted below the age of 71 and 90% over the age of 71. Parkinson's accounts for the next largest group of dementia.

Alzheimer's is known for its characteristic beta amyloid plaquing and Tau protein accumulation. The production of beta occurs in many cells and is protective in nature. Beta acts as an antibiotic protecting our precious neurons from infection. It also acts as a binder to heavy metals like aluminum and mercury which are both neurotoxic and accumulate in the brain. Beta production also increases when blood sugar levels exceed normal levels. Beta production is a natural protection mechanism to help protect the brain. However, problems occur when chronic infections persist, blood sugars stay too high for extended periods of time, and heavy metals accumulate in the brain.

The beta amyloid plaquing occurs in an attempt to wall off and protect areas of the brain from the above offenders. Our bodies are built for survival. It is better to die of Alzheimer's after 15 plus years of plaquing than to be overcome with infection, heavy metal poisoning, and the affects of high blood sugars.

There will never be a magic pill for Alzheimer's because it has multiple causes and pathways. The key is to make the production of the beta amyloid unnecessary. How do we do that? We do this by identifying chronic infections and correcting these, by identifying environmental toxins and eliminating them from the body, and by controlling our blood sugar levels in the blood.

Alzheimer's causes a slowing of the left hemisphere of the brain. It often affects not only the frontal cortex but the parietal area, which is the area of the brain that helps connect all the dots. This adversely affects our deductive reasoning as well as our mood. Usually the right cerebellum is adversely affected as well. The cerebellum which controls much of our balance has 51% of all the neurons in the brain! This can be helped.

The brain responds positively to specific light, sound, and vibrational frequencies. The left hemisphere can be speeded up and strengthened. Alzheimer's has 7 stages. We have seen good results when it is at stage 4 and sometimes stage 5.

How well does it work? It works great! People are amazed by the changes. Please visit our website for more information and view our many testimonials. We are located on Fletcher across from USF.

Saving Your Brain was founded by Kelly Miller NMD who has a background in Chiropractic, Acupuncture, Naturopathy and post graduate studies in Functional Medicine and Neurodevelopmental Brain, and Neuro-feedback. His 44 years of experience assessing and treating over 16,000 patients make him the ideal "Brain Health Coach". His book, *Saving Your Brain: Causes, Prevention, and Reversal of Alzheimer's/Dementia* was an Amazon Best Seller.



Saving Your Brain
BRAIN TRAINING CENTERS

3500 East Fletcher, Suite 120,
Tampa, Florida 33613
816-210-6913
www.savingyourbrain.com
info@savingyourbrain.com

OBSERVING WORLD LUNG CANCER DAY: The Truth About Lung Cancer

Lung cancer is the leading cause of cancer deaths in the United States, claiming more lives each year than colon, breast and prostate cancer combined.

World Lung Cancer Day, observed on August 1, aims to educate the public about the disease, share strategies to reduce risk and provide support to those impacted.

Lung cancer basics

Lung cancer forms in the tissues of the lungs, most often in the cells that line air passages. When abnormal cells grow and multiply, they form tumors that can interfere with lung function and make breathing difficult.

There are two main types of lung cancer. Non-small cell lung cancer (NSCLC) is the most common type, accounting for about 85% of cases. Small cell lung cancer (SCLC) is less common but more aggressive. It tends to grow and spread more quickly than NSCLC.

The importance of early detection

In many cases, especially with early-stage lung cancer, a tumor may not be detected until it becomes 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 a hoarseness to your voice.

Because symptoms can be so vague, it's essential to pay close attention to any warning signs and contact your health care provider right away if you experience any. The chances of surviving lung cancer with a high quality of life are three times greater when it is detected early.

If you are a current smoker, if you have ever been a heavy smoker (for longer than 15 to 20 years) or if you have a family history of the disease, regular screenings are critical. Through the use of low-dose spiral computed tomography (CT) scans of the chest, which are quick and painless, lung cancer can often be detected in earlier stages. Check with your primary care provider to see if you could benefit from a CT lung scan or similar screening test.

Quitting smoking at any age reduces the risk of developing lung cancer and other chronic diseases. It also improves overall health and quality of life. On a positive note, effective public health campaigns and smoking cessation programs are resulting in dramatic decreases in smoking and reducing the incidence of lung cancer.

Myths and facts about lung cancer

While smoking and other inhaled tobacco usage are major risk factors, many people think that only people who smoke can get lung cancer. This is one of several common misconceptions that deserve a closer look.



Myth: Only smokers get lung cancer.

Fact: Non-smokers can and do develop lung cancer.

Approximately 85% of all lung cancers occur in people who smoke or are exposed to second-hand smoke. The carcinogens in tobacco and tobacco products can potentially damage nearly every organ in the body, increasing the risk of many types of cancer.

Other risk factors include exposure to asbestos, nickel, arsenic, chromium or other similar chemicals, some petroleum products or living in an area with high levels of air pollution. While not hereditary, lung cancer can run in families. Researchers have found that non-smokers who develop lung cancer experience different and unique genetic changes than smokers do.

Myth: Only older people are diagnosed with lung cancer.

Fact: Lung cancer can occur when you are younger.

Most people diagnosed with lung cancer are older adults, with the average age at diagnosis typically around 70. While the risk increases with age, a small percentage of cases are diagnosed in people under 45 due to smoking and other lifestyle choices, environmental exposures or genetics.

Myth: Only men get lung cancer.

Fact: Lung cancer affects men and women.

While lung cancer has been the leading cause of cancer deaths in men since the early 1950s, it has been the leading cause for women since 1987, surpassing deaths from breast cancer. According to the American Cancer Society, the chance that a man will develop lung cancer in his lifetime is about 1 in 16; for a woman, the risk is about 1 in 17.

Myth: Lung cancer is a death sentence.

Fact: More people are surviving the disease than ever before.

Many treatment advances for lung cancer have occurred in the past decade. The development of targeted therapies and immunotherapies, which boost the body's own immune system to fight cancer, are giving oncologists many more treatment options that are safer and more effective for patients.

Collectively, on this World Lung Cancer Day, it's clear that significant strides continue to offer more hope and better outcomes for those affected by the disease.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

For the past 40 years, Florida Cancer Specialists & Research Institute has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapy, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

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.



Hudson

7651 Medical Dr
Hudson, FL 34667-6594

Hudson North

14100 Fivay Rd, Ste 380
Hudson, FL 34667-7181

Trinity Cancer Center

9320 State Road 54
Trinity, FL 34655-1808

Wesley Chapel

26823 Tanic Dr
Wesley Chapel, FL 33544-4605

Zephyrhills Green Slope

7315 Green Slope Dr
Zephyrhills, FL 33541-1314

For more information,
visit **FLCancer.com**.



Annual Wellness Exams - Check Them off your list - Now

By Parveen Vahora, M.D.

As a woman in the prime of your life, prioritizing health is crucial to maintaining overall well-being and preventing potential health complications. Annual wellness exams tailored to your age group, specifically between the ages of 40 and 60, serve as a cornerstone in safeguarding your health.

Pap Test and HPV Vaccine

A pap test is a routine screening procedure recommended for women from age 21, performed every three years until age 29. For women aged 30 to 65, the American Cancer Society recommends a combination of a pap smear and an HPV test every five years or a pap smear alone every three years. This test is pivotal in detecting abnormal cervical cells, which could indicate the presence of cervical cancer or precancerous conditions. According to the Centers for Disease Control and Prevention (CDC), regular pap smears have significantly reduced cervical cancer incidence and mortality rates. Additionally, the HPV vaccine is recommended for all women up to 45 years old to prevent cervical cancer and genital warts. Vaccination has proven to be a highly effective preventive measure with the potential to eliminate HPV-related diseases nearly.

Mammograms

Breast cancer remains one of the most prevalent cancers affecting women worldwide. Mammograms, specialized X-ray exams of breast tissue, are instrumental in detecting breast cancer in its early stages when treatment is most effective. The American Cancer Society recommends that women aged 40 to 44 can start annual mammograms, while women aged 45 to 54 should undergo mammograms annually. From age 55 onwards, mammograms can transition to every two years, although women can continue with yearly screenings. Research has shown that regular mammograms have contributed to a significant reduction in breast cancer mortality rates among women.

Bone Density Test (DEXA Scan) and Calcium Levels

Osteoporosis is a condition characterized by weakened bones, increasing the risk of fractures. A DEXA scan measures bone mineral density and helps diagnose osteoporosis, especially in postmenopausal women and older adults. Regular calcium level checks are also important, as calcium is vital for bone health. Adults should discuss with their healthcare provider the appropriate age to begin bone density testing based on individual risk factors.

Genetic Testing for Cancer Risk

Individuals with a personal or family history of breast, ovarian, or colon cancer should consider genetic testing to identify hereditary cancer syndromes. Genetic testing can provide valuable information about your risk and guide decisions about preventive measures, such as increased surveillance, lifestyle changes, or preventive surgeries. Discussing genetic testing with a healthcare provider can help determine if it's appropriate for you.

Pelvic Exams and Other Gynecological Issues

Pelvic exams are a fundamental part of women's health, allowing healthcare providers to assess the health of reproductive organs and detect any abnormalities. These exams, along with other gynecological services, address various issues such as irregular periods, pelvic pain, and menopause-related concerns. Regular pelvic exams and consultations help in early diagnosis and treatment, ensuring optimal reproductive health. Wellness exams cover pap tests, breast exams, pelvic exams, and other gynecological issues. If any problems arise, they can be happily addressed during a problem visit, which can be scheduled online or through our website. This convenient access to care ensures that your health needs are met promptly and efficiently.

By incorporating these essential screenings and preventive measures into your annual wellness plan, you take proactive steps toward maintaining your health and preventing potential complications. Speak with your healthcare provider today about scheduling your comprehensive wellness exam and addressing any specific health concerns you may have. Your health and well-being are paramount; regular check-ups are key to a vibrant and healthy life.

Identifying Issues for Follow-Up Visits

Regular check-ups are an opportunity to identify and discuss any health concerns that may arise. It is important to keep track of changes in your health, such as new symptoms, changes in weight, or persistent pain. Discussing these issues with your healthcare provider during follow-up visits can help address potential problems early and ensure timely intervention.

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



New Provider:

My name is Anaidiel "Annie" Beltran. I have been in the healthcare field for over ten years. I initially graduated from The University of Tampa with a bachelor's degree in nursing. I first worked as a cardiac ICU nurse at a level I trauma center.

While I enjoyed and learned working as an ICU nurse, I decided I wanted to have a more active role in the care and decision-making of my patients. I returned to The University of Tampa to complete my master's degree in nursing. As a nurse practitioner, I have worked in primary care, tending to patients of all ages. I am truly grateful for this new opportunity to work in women's health. I am passionate about educating my patients about how to best care for their health so they can live long, healthy lives.

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

Download our mobile app:
<https://www.myprivia.com/mobile-app>



GYN VIP

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.

DR. PARVEEN S. VAHORA, MD, FACOG: *Our practice's mission is to inspire women to live their best lives by providing compassionate and personalized care. We do everything we can to make you feel as comfortable as possible. For all your women's health needs, we are here by your side through all phases of life.*

Our gynecologist's office is small, intimate, and welcoming. Women under our care are treated with the utmost respect, which means we offer personalized care, educating them on conditions, treatment options, and preventive measures. Our focus is on sexual health. We are proud to offer the Monalisa Touch® for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. We also offer genetic testing for breast, ovarian, and colon cancer. From birth control to robotic surgery, we have got you covered.



GYN VIP

<https://gyn.repeatmd.com/>

Trinity Office:

9332 State Road 54, Suite 403, Trinity, FL 34655

727.376.1536

ParveenVahoraMD.com

SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
727-771-5053



GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

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

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

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

Treat ED’s Cause with GAINSWave

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

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



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

it’s Never too Late

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

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

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

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

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

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

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

Dr. Robert Lupo, D.C.

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

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

physical  medicine
center

where wellness and beauty meet

Physical Medicine Center, Inc.

14522 University Point Place
North Tampa, Florida 33613

813-978-0020

www.RidetheGwave.com



TRUSTED HOMECARE SERVICES



OUR MISSION IS TO ASSESS THE NEEDS OF EACH CLIENT TO HELP THEM MAINTAIN THEIR INDEPENDENCE WHILE LIVING IN THEIR OWN HOMES AND COMMUNITIES.

Services

- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits

727-771-5053 WWW.TRUSTEDHCS.COM

Does it feel like your bladder has a mind of its own?



Take control of overactive bladder symptoms with **Utiva Bladder Health.**

Use Code: **HW25** to get 25% off your first purchase

1-888-622-3613 • utivahealth.com



 **Hyperbaric Centers of Florida**

Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

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

Call Today for More Information! 813-788-3969



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

What Sets Aston Gardens At Tampa Bay Apart?

A Director of Celebrations Special Insight of the Highly Regarded Senior Community

We hear so much about aging well, but many of us have no idea what it entails. A sense of belonging is key to longevity and living well. The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer more opportunities and events for their residents to enjoy throughout each day of the month.



We caught up with Gail King, Director of Celebrations at Aston Gardens, to find out more.

As the Director of Celebrations, my role is to bring recreation, activities and events to our residents and community. We schedule outings, educational services, arts, recreation, and shopping events. We're somewhat like a five-star hotel concierge service. Imagine that you go to your resort concierge and ask them about things to do locally; that's what we specialize in. I personally take responsibility for our community calendar, which is full of excitement and offers many opportunities for our residents. There is always something for them to do. I want them to look at the calendar and say, "There are so many things that I can't decide what I want to do." Our focus at Aston Gardens is to make something always available and encourage and challenge residents physically, intellectually, and socially.

Our fitness program is state of the art. We have a Fitness Coordinator, and group exercise programs are offered three times per day during the week. This allows our residents ample time to enjoy their workouts by spending time with friends.

We welcome ideas from our residents to tell us what they want to do, and we pride ourselves on making it happen. We do our best to schedule events and activities from their suggestions. We offer shopping excursions, weekly Bible studies, local hotspots, movie nights, games, art classes, and themed parties, to name a few.

Our events are resident driven. Some residents are new to the Tampa Bay area, so we make sure to include local museums, cultural events, and local favorite restaurant outings throughout the month. Although many of our residents still drive their own vehicles, we have buses that take large groups on excursions daily. There is such a deep sense of community within our community. Building and maintaining relationships with one another comes easily here at Aston Gardens.

Regarding our buses and transportation, some of our residents need assistance, so we offer that to them, which provides a sense of independence within the larger aspect of Aston Gardens.

Next week we have a "Dolphin Quest." This is a fun trip that we've planned out of John's Pass to sightsee dolphins on a boat tour. There will be time for shopping and exploring restaurants when we return from the tour; residents will have time to roam and enjoy lunch together.

Each weekend we celebrate a special concert via recording in our Grand Ballroom. Of course, these are suggested by our residents. Recently we've had the Beatles, Fleetwood Mac, and Jimmy Buffet. We also have Broadway Sundays and show a live recording of a major Broadway show in the ballroom. Residents can enjoy these shows and concerts and cherish time together.

Recently we had a movie night with pizza, beer and nearly 100 residents showed up for the highly anticipated event. The sense of community is remarkable at Aston Gardens at Tampa Bay.

A 6-Million Dollar Renovation

There is a Grand Clubhouse at the main entrance and two dining rooms (formal and casual). We also have a fitness club and pool.

Residents can walk or take a golf cart to the main clubhouse for the amenities, events, or dining. In the past year, we did a 6-million-dollar renovation, so everything is like new. There is weekly housekeeping and numerous perks that keep our residents happy and healthy throughout the year.

Each month we have a themed party with a DJ, open bar, and prizes for the best costume. Recently our themes included country western night, where we had line dancing lessons, a tropical oasis night, the roaring 20s, and Springtime in Paris. These parties are always a big hit.

Why Residents Love Aston Gardens

Residents love living in Aston Gardens because of the sense of community and belonging. We offer so many things that bring everyone together with a sense of family. There are close to 400 residents, and most of them know each other, and those that don't soon will.

They love the amenities, but the majority of them will tell you that they have an immense sense of belonging. Our seniors are active and excited and have high expectations. We hold ourselves accountable to deliver happiness to them daily. I personally feel like I have an extended family because we all are working so closely together. Aston Gardens is truly an amazing place.

Celebrations Activities and Events

Most senior living programs in the Tampa, FL area will offer a few activities for their residents. These events cannot compare with the level of excellence that the Tampa Bay community and activities at Aston Gardens at Tampa Bay provide. We offer a wide range of activities for each ability level, so there's always something for you to do.

Aston Gardens offers Independent, Assisted and Memory Care Options.

Aston Gardens at Tampa Bay is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities & Events and Dimensions Health and Fitness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens at Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-438-7345 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

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

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

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹ A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.²

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

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

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

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

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

Patient Testimonials

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

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

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

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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

Reference:

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

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

Change Your Brain. Change Your Life.

Training the brain with advanced technology to correct brain imbalances.

Innovative Brain Treatment Programs

Our unique brain training facility offers the most advanced, innovative brain treatments and programs to help retrain the brain back to balance. At Saving Your Brain, we are proud to help our patients with several diagnostic procedures and then design a gameplan for treatment and training. Our multi-disciplinary approach has been successful for many patients with conditions as ADHD, Autism, Parkinson's, Anxiety, and other mental health issues. We hope to connect with you soon to provide you with the most comprehensive training program and start your journey towards optimal brain health.

Conditions We Help

These conditions have been proven to be clinically responsive to brain-based therapies:

- Addiction
- ADD/ADHD
- Anger Issues
- Anxiety
- Autism
- Chronic Pain
- Concussion
- Depression
- Lyme Disease
- Memory Loss
- Migraines
- PTSD/Stress
- Sleep Issues
- Stroke
- Low Energy

Our Services

- QEEG Brain Mapping
- Neurofeedback
- Braintap
- Interactive Metronome
- Neuro Sensory Integration
- Right Eye Tracking
- Neurosage

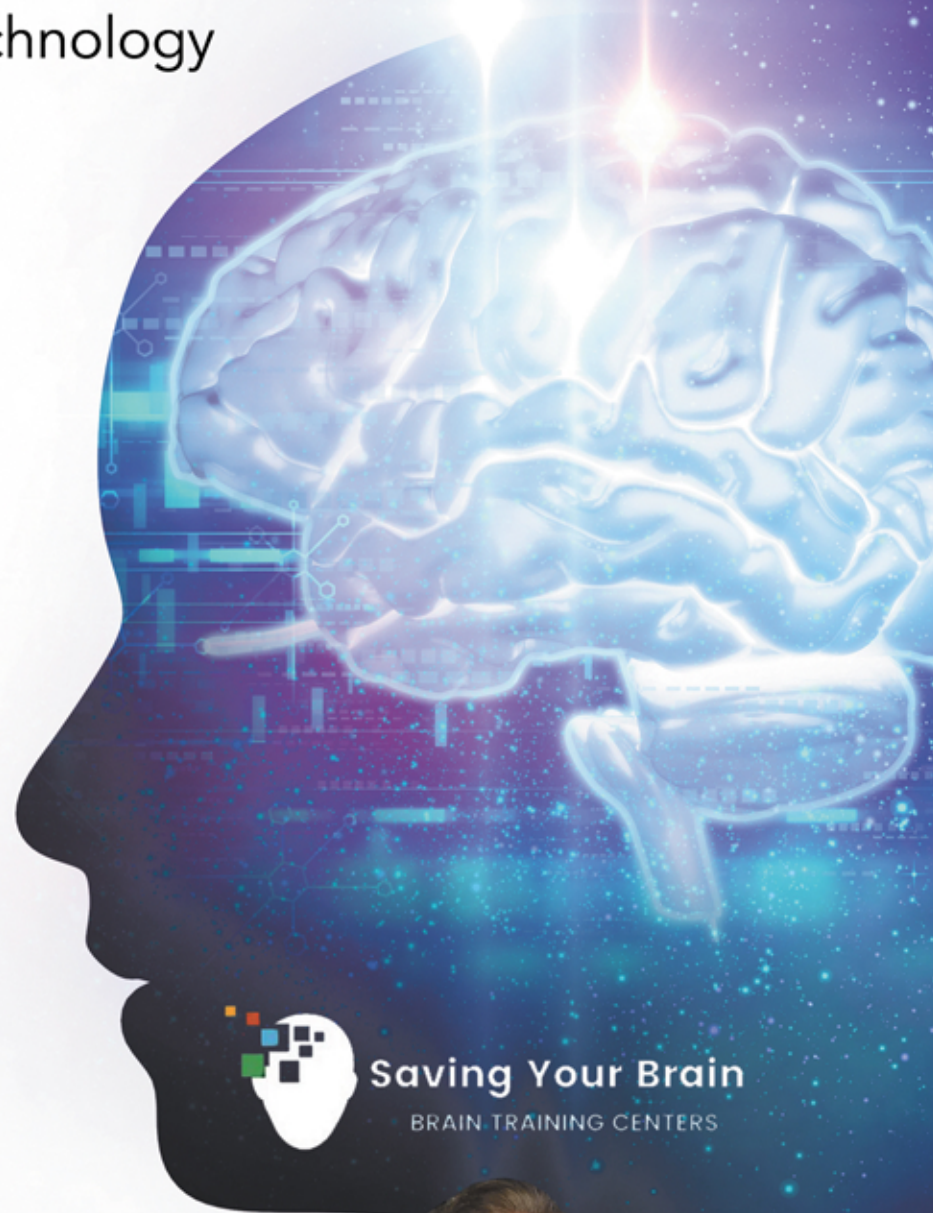
Saving Your Brain

Kelly Miller, NMD

3500 East Fletcher, Suite 120
Tampa Florida 33613

(813) 629-3287

www.savingyourbrain.com



Saving Your Brain

BRAIN TRAINING CENTERS

