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Health & Wellness[®] MAGAZINE

December 2024

Tampa Bay Edition - Monthly

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**NON-DRUG HELP FOR
ANXIETY, DEPRESSION,
AND INSOMNIA?**

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HELPED NUMEROUS
MEN, JUST LIKE YOU**

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HOLIDAY SEASON
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Non-Drug Help for Anxiety, Depression, and Insomnia?

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.

Chronic anxiety, depression, and insomnia are symptoms that fall under the heading of "Functional Disconnection Syndrome". These problems are associated with retained primitive reflexes and hemispheric brain imbalance. These symptoms are on the rise. The following are some up to date statistics on these maladies which are frightening!

General Anxiety Disorder affects 6.8 million adults or 3.1% of the U.S. population, yet only 43.2% are receiving treatment. Women are twice as likely to be affected as men. GAD often co-occurs with major depression.

Panic Disorder (PD) - PD affects 6 million adults or 2.7% of the U.S. population. Women are twice as likely to be affected as men.

Social Anxiety Disorder - SAD affects 15 million adults or 7.1% of the U.S. population. SAD is equally common among men and women and typically begins around age 13. According to a 2007 ADAA survey, 36% of people with social anxiety disorder report - experiencing symptoms for 10 or more years before seeking help.

Specific Phobias - Specific phobias affect 19.3 million adults or 9.1% of the U.S. population. Women are twice as likely to be affected than men. Symptoms typically begin in childhood; the average age of onset is 7 years old. Obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) are closely related to anxiety disorders, which some may experience at the same time, - along with depression.

- 27.3% of American adults have anxiety problems.
- Anxiety disorders affect 3.94% of the worldwide population.
- 41.7% of young adults (18 to 29 years) suffer from anxiety.
- 9.4% of children in the US have anxiety.
- 36% of teens experienced higher anxiety levels during the pandemic.
- 31% of college students have an anxiety diagnosis.
- The prevalence of anxiety disorders in the US is higher in women at 30.8% than in men at 23.5%.
- 7.1% of the US population has social anxiety disorder.
- 94% of the workers feel stressed out at work.
- The COVID-19 pandemic caused a 25% increase in anxiety prevalence.
- 60.76% of healthcare workers felt higher fear and anxiety levels due to COVID-19 virus exposure.
- Only 36.9% seek treatment for anxiety disorders.

- Based on diagnostic interview data from the *National Comorbidity Study Replication (NCS-R)*,
 - An estimated 19.1% of U.S. adults had any anxiety disorder in the past year.
 - Past year prevalence of any anxiety disorder was higher for females (23.4%) than for males (14.3%).
- An estimated 31.1% of U.S. adults experience any anxiety disorder at some time in their lives.
- Anxiety levels usually peak between the ages of 40 to 59.
- Panic disorders affect over 6 million people in the US.
- Antidepressant use increases with age, with 19% of those over 60 taking them.
- 3.6% of the population have anxiety, as per anxiety statistics worldwide from 2020.
- Four in ten US adults have depression or anxiety symptoms due to the pandemic.
- Almost 3%–5% of children have math anxiety, as per anxiety in children statistics.
- 8% of children and teenagers worldwide have an anxiety disorder.
- 2.2 million Americans have obsessive-compulsive disorder (OCD).
- 25 million people in the EU have anxiety, as per stats on anxiety prevalence.
- 19 million Americans have specific phobias.

The prevalence of major depressive episode was highest among women whose rates of depression during their lifetimes climbed from 26.2% in 2017 to 36.7% in 2023. Rates of those with current depression increased from 17.6% to 23.8% over the same period. By comparison, men with depression during their lifetimes saw a smaller increase from 17.7% in 2017 to 20.4% in 2023.



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50 to 70 million Americans have some type of sleep disorder. 30% to 40% of adults in the US complain of insomnia symptoms. 30% have short-term insomnia, while 10% have chronic insomnia. 1 in 4 women and 1 in 5 men have insomnia.

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. The brain responds positively to specific light, sound, and vibrational frequencies.

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 Neurofeedback. 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.

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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 Gain-swave 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.

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Navigating the Holiday Season When You Have Cancer

Managing stress during the holiday season can be uniquely challenging for cancer patients, who may be navigating physical and emotional struggles while trying to participate in holiday activities. Here are some thoughtful and supportive strategies to help cancer patients reduce stress during the holidays:

Prioritize Self-Care

The holidays often bring extra obligations, but self-care is especially important for cancer patients. Self-care may include meditation, light stretching, reading or simply taking time to relax. Rest, proper nutrition and adequate hydration should take priority over the need to attend every holiday gathering.

Set Realistic Expectations

The holidays don't need to look the way they always have. Consider setting boundaries around events, traditions or gatherings. This might mean choosing a few meaningful gatherings with close family or friends, only attending for a short time or even hosting a smaller, quieter event.

Ask for (and Accept) Help

Letting loved ones help with holiday tasks, like cooking, shopping, decorating or even gift wrapping, can help take some pressure off. Family members or friends are often eager to help but may not know how. It can be hard, but being open about where help is needed can make a significant difference for everyone.

Plan Energy-Conserving Activities

Cancer treatment can drain energy, so choosing holiday activities that don't require high energy output can reduce stress. For instance, watching holiday movies, decorating a small tree or baking simple treats can be joyful and manageable. Virtual gatherings are also a good option for connecting with loved ones, near or far, from the comfort of home.

Practice Mindfulness and Relaxation Techniques

Simple techniques like deep breathing exercises, visualization and mindfulness meditation can help in staying calm and grounded. Regular practice, even for just a few minutes each day, can alleviate stress and enhance mental well-being.

Prioritize Sleep

Having a restful sleep environment and incorporating good sleep practices into the daily routine can support a healthy mind, enhance mood and support the body's healing process. A relaxing bedtime ritual with calming activities before bed, such as reading, gentle stretching, meditation or deep breathing exercises, signal to the body that it's time to wind down. Going to bed and waking up at the same time every day can help regulate the body's internal clock and improve the quality of sleep.



Communicate with Loved Ones

Letting family and friends know what you can manage and what you cannot helps everyone feel more connected and supportive. Being open about energy levels, emotional needs and any limits also allows loved ones to offer support in meaningful ways.

Focus on Enjoyable, Low-Stress Traditions

Not every holiday tradition needs to be maintained, especially if they feel overwhelming. Embrace traditions that bring joy, are low-key and can be done in small groups or alone if preferred. Sometimes watching a favorite holiday film, listening to music or sipping hot cocoa in a cozy setting can create cherished moments.

Limit Holiday Overindulgence

While holiday eating and drinking are part of many celebrations, cancer patients may have specific dietary needs. Maintain balanced, nutrient-rich meals and consult with healthcare providers to understand dietary recommendations that best support health.

Express Gratitude and Find Joy in Small Moments

Taking time to reflect on small moments of joy or gratitude can help boost mood and reduce stress. Writing down a few things each day to be thankful for or sharing them with a loved one can create a positive perspective during the holiday season.

Seek Support from Cancer Resources and Counseling

The holiday season can heighten the emotional challenges of cancer treatment. Many organizations offer holiday support groups or counseling for patients and their families. Sometimes talking with others who understand the experience of cancer during the holidays can provide a comforting sense of community and perspective.

These strategies offer gentle ways for cancer patients to navigate the holiday season with reduced stress and more focus on self-care, personal comfort and meaningful connections.

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GENITOURINARY SYNDROME OF MENOPAUSE

By Parveen Vahora, M.D.

Genitourinary Syndrome of Menopause (GSM) is a term used to describe a collection of symptoms and signs that affect the genital and urinary tracts in postmenopausal women. It is a common condition resulting from the hormonal changes associated with menopause, particularly the decline in estrogen levels. GSM encompasses a range of symptoms and physiological changes that can significantly impact a woman's quality of life.

Symptoms include but are not limited to the following:

- Vaginal dryness
- Vaginal irritation/burning/itching
- Thinning/graying pubic hair
- Vaginal pelvic pain/pressure
- Sexual Symptoms
- Painful sexual intercourse
- Decreased lubrication during sexual activity
- Bleeding after sexual activity
- Decreased arousal/loss of libido
- Inability to orgasm
- Urinary Symptoms
- Painful urination
- Urinary urgency
- Urinary incontinence (stress and urge)
- Recurrent urinary infections
- Urethral caruncle (red vascular growth on urethra)

GSM was previously described as atrophy, either vaginal or vulvar atrophy. However, Genitourinary syndrome of menopause (GSM) is a more accurate and medically appropriate terminology to describe the changes women experience in menopause.

How is Genitourinary syndrome of menopause (GSM) different from Overactive Bladder (OAB)? Symptoms can overlap in both conditions, but women with OAB tend to experience more urinary incontinence symptoms. Women with GSM tend to experience both vaginal and urinary symptoms together.

What is the difference between Genitourinary syndrome of menopause (GSM) and urinary tract infection (UTI)? Both GSM and UTIs can cause painful urination (dysuria). A UTI is diagnosed via urinary testing that shows inflammation and infection due to abnormal bacterial growth in the urinary tract. GSM tends to cause painful urination when the urine touches the thin vaginal tissue resulting in a burning sensation.

How can we treat GSM?

NON-HORMONAL THERAPY Lifestyle changes (maintenance of sexual activity, smoking cessation, avoidance of vulvovaginal irritants including personal hygiene products in the vulvovaginal area) Nonhormonal vaginal lubricants or moisturizers Mucosal lidocaine (Examples of over-the-counter nonhormonal vaginal moisturizers include Revaree, Replens, Refresh, Good Clean Love, and Luvena)

HORMONAL THERAPY Vaginal estrogen therapy (cream, tablet or ring) Estrogen: A type of hormone that promotes and maintains female traits in the body. Also referred to as a female sex hormone. Non Estrogen - DHEA suppositories (Intrarosa) - DHEA converts to Estrogen, progesterone & testosterone in the pelvic area.

How do vaginal prescriptions/therapy work?

Vaginal estrogen or DHEA is an effective treatment for GSM, however, it may take 3-4 months to see improvement. It improves the quality of the vaginal skin and tissues in and around the vagina. It thickens the skin of the vaginal canal and increases natural lubrication. It also restores the normal pH of the vagina. It has been shown to reduce the risk of UTI in many studies.

Are prescription vaginal estrogen or DHEA therapy safe?

Overall, the answer is yes! Local vaginal hormonal therapy is associated with minimal to no side effects/risks when used as prescribed, as very little is absorbed into the bloodstream. Before prescribing, we will ask you if you have a history of breast cancer or a history of blood clots in the legs or lungs. If you have a history of either of these problems, we may consult your Oncologist or Vascular specialist before prescribing any prescription products. We may also obtain a pelvic ultrasound if you still have your uterus.

Alternative Treatment: Energy-Based Devices Laser treatments have shown significant results with GSM (Genitourinary syndrome of Menopause). The Mona Lisa Touch is a CO2 laser used to revitalize the tissue of the vulva and the vagina. It is an effective treatment for GSM. The Mona Lisa Touch entails three sessions done on the vagina and the vulva several weeks apart. You may be prescribed a topical anesthetic to be used prior to and post-sessions. Please speak to Dr. Vahora to see if you are a candidate for the Mona Lisa Touch.

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DR. PARVEEN S. VAHORA, MD, FACOG:

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*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.*



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How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

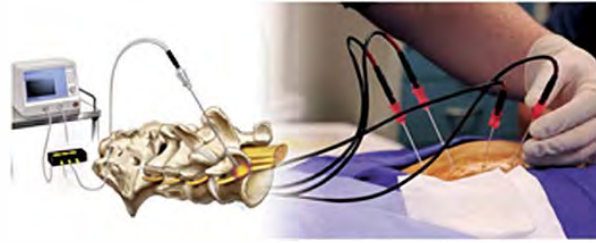
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try." Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

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 & 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 Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013).

Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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

The National Institute of Spine & Pain

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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

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.

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

IT TAKES AN ARMY OF ANGELS

"No man, woman or child should go without basic human needs. It takes an Army of Angels to meet the greater need." ~ Rhonda Miller

Born in Alabama, raised by a single mother, in a house with seven siblings, Rhonda experienced all too well the pangs of hunger. One of her most impactful childhood memories was when local high school students came to her house to deliver "bag after bag of groceries" right before Thanksgiving. Rhonda was 10, but she understood that the community had come together to help them. This event, years later, would inspire Rhonda to open a foodbank for the community in McDonough, United Food Force, Inc., and add the tag line, "Uniting Forces to Combat Hunger."

In March 2013, she filed for 501c3 for United Food Force and signed a lease for the 13,000 sq foot distribution center. Unexpectedly, Rhonda was diagnosed with Stage 4 endometrial uterine carcinoma, and not given much hope for survival. God had different plans. In November of the same year, after winning an eight-month battle with cancer, Rhonda launched United Food Force in McDonough, GA.

That year, United Food Force started a weekly food program that served 72 families a week. Today, they serve over 2000 families in need every week, serve non-profit partners like Haven House, A Friend's House, Operation Lunchbox, Connecting Henry, and Our World at H.O.P.E. Park, and continue to supply emergency food boxes for those who find themselves in sudden need.

With 1 out of every 5 households being food insecure, Rhonda's vision is to open community food banks across the United States. Following that vision, Rhonda opened a second food bank in Odessa, FL in October 2017, Florida Food Force, serving 3000 families per week, and was anticipating a third opening in Daytona Beach, FL in the fall of 2022. This last plan is currently unrealized, as a diagnosis of Stage 4 liver, small intestine, colon, gall bladder and stomach cancer entered the picture for Rhonda. She was given no hope for survival. But it appears that God had different plans once again.

Rhonda will tell you that she will be done fighting against hunger when God decides to take her home, and not a second before that.



"One of the greatest feelings in the world is knowing that we as individuals can make a difference. Ending hunger in America is a goal that is literally within our grasp." ~ Jeff Bridges

Throughout the years, Rhonda and her team at United Food Force has depended on the "army of Angels" to which Rhonda refers often. Those angels are the generous donors, the wonderful volunteers, the amazing community partners, the Board of Directors, and the staff at United Food Force. Some people say it takes a village; Rhonda will tell you it takes an army of Angels. To those Angels, she will always be grateful!

Emergency food boxes are available Monday-Wednesday, 9:00 to 3:00 p.m. with photo identification at United Food Force, located at 1463 Highway 20 W., McDonough, GA 30253. Ask about the weekly food program while you are there. There are no income or geographical restrictions.

**Florida
Food Force, Inc.**
"Uniting Forces To Combat Hunger"

**NEED FOOD ASSISTANCE?
WE CAN HELP!
CALL 727-261-7422
www.FloridaFoodForce.org**

11523 Prosperous Drive, Odessa, FL 33556



It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.

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

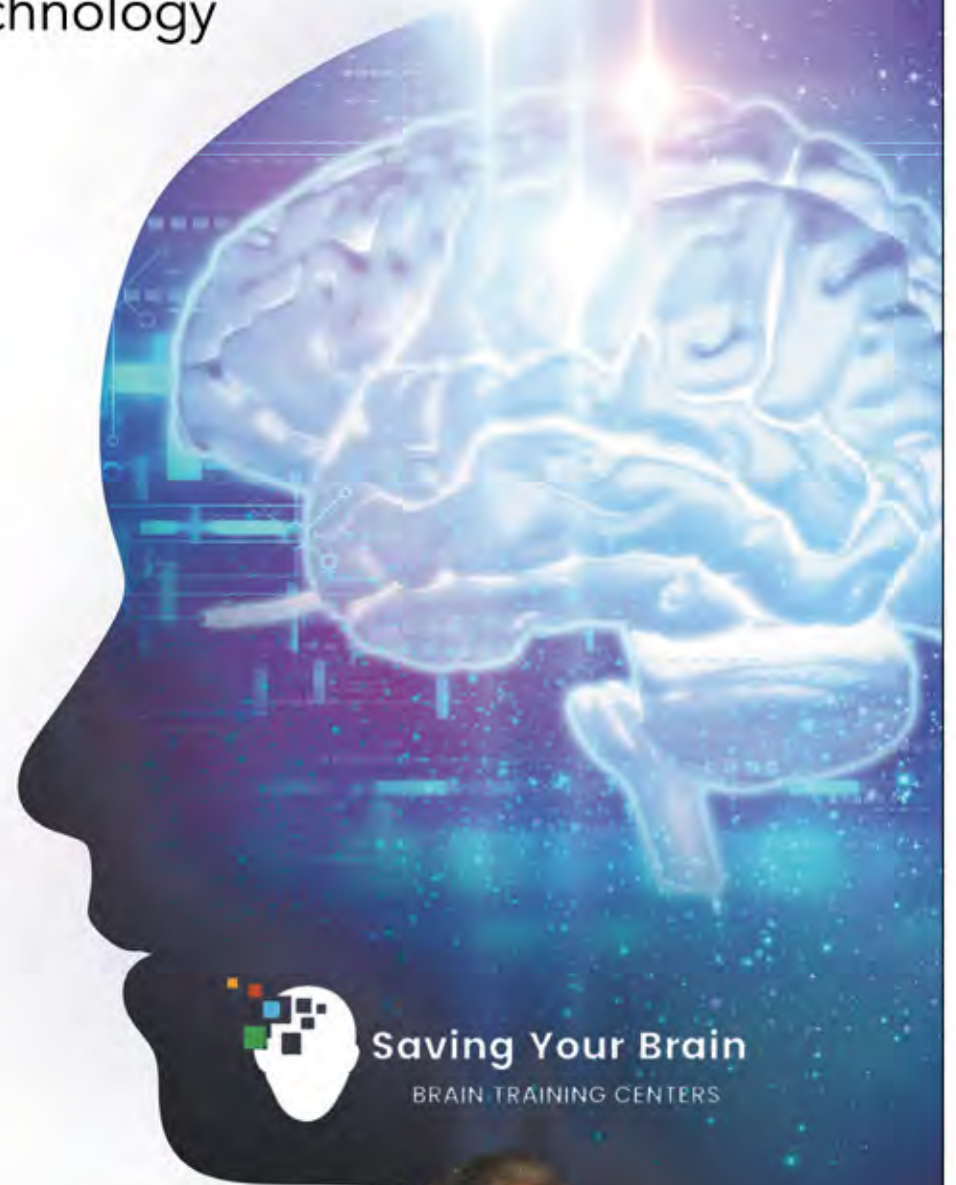
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