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February 2025

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GENERATIONS CLUB is a 501 (c)(3) non profit senior activities center that provides essential daytime support for mature adults, including those facing cognitive issues or dementia. Our full-service program is designed to provide optimal care, social engagement and cognitive stimulation within a safe and nurturing environment while offering unparalleled support to caregivers.

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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 *Notional 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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TRANSFORMING HEALTHCARE IN TAMPA:

One Clinic's Bold Guarantee Leads to Life-Changing Results for Patients

In Tampa, physical therapy now comes with a **Bold Guarantee** - Plan to get better, or your money back!

Competitive Edge Physical Therapy (CEP) in Tampa, Florida, is rewriting the rules of patient care with a bold promise: if, after the initial evaluation, the clinic doesn't provide a clear and effective plan to get patients back on track within two weeks, the evaluation is free—no questions asked.

Founder and physical therapist Jason Waz explains the reasoning behind this guarantee:

"We want patients to know we stand behind our care. If they don't leave their evaluation feeling confident in their recovery plan, we haven't done our job."

This guarantee reflects CEP's commitment to accountability and patient success. By removing financial risks, CEP encourages individuals to take the first step toward better health. Patients can schedule a consultation to experience the difference firsthand at <https://goceppro.com/contact-us>.

A Legacy of Expertise: 50+ Years of Clinical Excellence

With over 50 years of combined clinical experience, CEP's team brings a depth of knowledge that sets the clinic apart. This expertise allows CEP to develop personalized treatment plans tailored to each patient's unique needs.

"Experience matters," says Waz. "Our team's knowledge isn't just about credentials—it's about delivering results that improve lives. We've invested in the teams, technology and training to get the results patients should be expecting from their care."

Beyond individual care, CEP leverages its experience to promote a healthier Tampa community. This dedication to excellence has earned CEP a reputation as a leader in physical therapy.

Innovating Results Through Research

CEP is already known as a trailblazer in the field of physical therapy, advancing care through cutting-edge research and technology for over two decades. For example, the multi-location clinic is a leader in the use of the Neubie device, a neuro-electrical stimulation tool that accelerates recovery, and, for the last year, has also partnered with Winback to bring TECARtherapy to the U.S.

These advancements make CEP a hub for innovation, setting a standard that other clinics aspire to achieve. Jason Waz emphasizes the importance of innovation:

"Our goal is to stay ahead of the curve so that our patients always have access to the most effective therapies. We aren't shackled to the traditional model of care



that outdated businesses follow to keep the patient as long as possible and hope insurance pays out - we are designing programs where patients get results after the first session!"

These innovations aren't just theoretical—they're transforming patient care in Tampa and beyond. By implementing these operational efficiencies and patient-centered programs, CEP has seen 5x growth in the last 7 years.

Educating the Next Generation

But this commitment to care has to start and grow from the inside out. That's why CEP is committed to shaping the future of physical therapy through education. Its clinical internship program serves as a cornerstone for training the next generation of physical therapists.

"Education drives progress," Waz notes. "By mentoring future therapists, we're not just shaping careers—we're shaping the future of healthcare. The reason so many businesses are struggling with staffing is because they haven't built the systems to grow their team from within. Our clinical education program solves for that so we have all of our leaders and clinicians generating wins from the same playbook."

Interns and DPT students at CEP gain hands-on experience in a supportive environment, preparing them to make a lasting impact on their communities.

Leveraging Advanced Technology for Advanced Outcomes

The research and application of physical therapy technology has always played a pivotal role in CEP's success. The Tampa clinic is home to three of just ten certified Neufit Master Instructors nationwide, who use the innovative Neubie device to help patients recover faster.

The Neubie's advanced neuro-electrical stimulation capabilities make it a game-changer across the neuromuscular rehabilitation programs that are changing the lives of patients with severe nervous system issues by enhancing the recovery of tissue, bone, muscle and nerves. CEP clinicians combine this technology with years of expertise to provide care that is both cutting-edge and deeply personalized, and they're getting results for 90% of users after just the first few sessions.

"Technology is a tool, but it's the human touch that makes the difference," says Waz. "We make sure to combine the best people with the best technology to create personalized programs that target reducing pain, increasing mobility and improving overall quality of life for our patients."

Expanding TECARtherapy with Winback

In the same way, CEP's partnership with Winback has brought TECARtherapy, a groundbreaking treatment tool, to the U.S. This partnership has transformed hundreds of recovery journeys in just one year.

By integrating non-invasive, 100% natural TECARtherapy into its offerings, CEP continues to enhance its ability to deliver faster and more effective results while eliminating pain and freeing up movement during rehab. This collaboration reflects CEP's commitment to staying at the forefront of patient care innovation.

Serving the Underserved with Bold Results

At its core, CEP is driven by a mission to serve the underserved and deliver better, faster results. Whether helping athletes recover from injuries or assisting individuals managing chronic pain, the clinic is dedicated to transforming lives.

Jason Waz sums up CEP's mission:

"We're here to make a difference. Every patient deserves care that works, and we're committed to providing it—guaranteed. We invite our Tampa community to take action on your dreams for better health, and we'd be honored to create that path and walk every step of the way alongside you."

Patients are encouraged to experience the CEP difference for themselves. Consultations can be scheduled at <https://goceppro.com/contact-us> to discover what goals are possible for your health and wellness this year.

Experience the CEP Difference and a NEW You

Competitive Edge Physical Therapy isn't just a clinic—it's your partner in health. From its bold guarantees to its use of advanced technologies, CEP redefines patient care. With over 50 years of experience, a commitment to research and education, and a mission to serve the community, CEP is setting new standards for physical therapy in Tampa.

Visit <https://goceppro.com/contact-us> to take the first step toward better health in 2025. Because at Competitive Edge Physical Therapy, recovery isn't just a goal—it's a promise.

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GENERATIONS CLUB: TAMPA'S NEW FULL-SERVICE SENIOR DAY CARE CENTER OFFERS CUSTOMIZED CARE AND SUPPORT

As our loved ones age, particularly those facing cognitive conditions such as dementia, they may require specialized care to ensure an optimal quality of life. For many seniors and their caretakers, adult day care centers play a crucial role in providing essential support, cognitive stimulation, and life-changing social interactions.

Generations Club, a new senior day care center opening this month in Tampa, stands out from the rest by offering full-service tailored care for seniors and their caretakers. With a team of experienced and compassionate staff, they offer a safe and engaging environment alongside specialized programs and activities which benefits seniors and is vital for their overall well-being.

Benefits of a Routine

Establishing a routine gives seniors, especially those with dementia, a sense of predictability in their everyday lives. This familiarity helps reduce confusion and supports cognitive function. Studies show that consistent cognitive engagement in a familiar environment can lead to improvements in quality of life for seniors as it reduces anxiety and enhances independence.

Benefits of Socialization

Socialization is crucial for the well-being of older adults, as it helps combat feelings of loneliness and isolation, which are common among seniors. Engaging in regular social activities can significantly enhance mental and emotional health, as it fosters a sense of belonging and purpose. Interaction with peers provides opportunities for older adults to share experiences, stay mentally active, and build supportive relationships. These connections can lead to improved self-esteem and a more positive outlook on life, contributing to overall happiness and longevity.

WHAT MAKES GENERATIONS CLUB DIFFERENT

At Generations Club, they pride themselves on their distinctive and innovative approach to delivering exceptional care tailored specifically to members while simultaneously ensuring convenience and support for their caretakers. A commitment to enhancing the quality of life for members is reflected in the comprehensive range of services offered, all designed to meet diverse needs in a nurturing environment.



CENTRAL FLORIDA'S ONLY FULL-SERVICE ADULT DAY CARE CENTER

Generations Club has established partnerships with some of the leading medical and personal service providers in the industry. These collaborations enable them to bring a wide array of services directly to the club, allowing for members to receive high-quality care without the stress of traveling to various locations. Whether it's routine medical check-ups, specialized therapies, or personal care services, members can access everything they need in one welcoming and familiar setting.

Services offered include:

- Audiology
- Dental
- Manicures / Pedicures
- Physical Therapy
- Podiatry
- Optometry
- Pharmacy
- Internal Medicine
- Manicures / Pedicures
- Barber/ Beauty Salon
- Legal Services

In addition to medical and personal services, Generations Club also focuses on the emotional and social well-being of members. They host a variety of engaging activities and events that foster community and connection, allowing members to build relationships and enjoy their time at the club. All members can take advantage of the Generations Connections program which matches them with volunteers who provide caring friendships that help the elderly who otherwise may feel isolated and lonely.

For caretakers, the Generations Club model offers unparalleled convenience and peace of mind. Knowing that their loved ones are receiving top-notch care in a safe and supportive environment allows caretakers to focus on their own well-being and responsibilities.

Additionally, Generations Club, a non-profit organization, goes the extra mile by offering valuable online and onsite resources for caretakers, further showcasing their dedication to supporting Tampa Bay seniors. For families facing the challenges of caring for a senior with dementia, having access to a caregiver support community can be a game-changer.

If you or a loved one are seeking quality daytime care for a senior including those with cognitive issues, consider reaching out to Generations Club for the support you deserve.

SPECIAL GRAND OPENING OFFER

We are so certain that seniors and their caretakers are going to love Generations Club more than any other option in Tampa that we are offering a special grand opening promotion. If you are currently enrolled at another senior day care center, we will match their price indefinitely!

As a nonprofit, our goal is to enrich the lives of seniors and provide an invaluable service to the mature adults in our community. Check out why we are different at www.GenerationsClubs.org or call 813-565-7611!



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Can Product Labels Help Prevent Cancer?

Smoking, excess body weight and alcohol consumption are the leading risk factors for cancer—and the most preventable, according to the American Cancer Society. While this information is well known to health care professionals, the U.S. Surgeon General recently recommended that warning labels be placed on alcohol products to help make more Americans aware of the relationship between alcohol consumption and increased cancer risk.

A Closer Look

Faye Yin, MD, medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), notes that alcohol is a contributing factor associated with approximately 100,000 cancer cases and 20,000 cancer deaths every year, playing a role in breast, liver, colorectal, mouth, throat, esophagus and voice box cancer cases. “This is a serious health concern that needs to be addressed,” says Dr. Yin.

“Ethanol is the ‘alcohol’ portion in beverages, found in beer, wine and liquor spirits,” explains FCS Clinical Oncology Dietitian Rhone Levin, MEd, RDN, CSO, LDN, FAND. “When the body breaks down ethanol, there is production of a compound called acetaldehyde, a known cancer-causing agent that can directly damage DNA and encourage the development of cancer cells.”

Carrying extra body weight can also increase the risk for many of the most common cancer types, as well as cardiovascular disease, type II diabetes and other diseases.

Excess body weight, particularly visceral fat around the organs, can cause chronic inflammation, which can ultimately damage DNA and promote tumor development. Essentially, the more fat cells present, the higher the potential for abnormal cell division and cancer growth.

How can warning labels help?

In 1965, the Federal Trade Commission required that warning labels be placed on cigarette packages to educate consumers about the health risks of smoking. Research studies have shown that warning labels, especially those with graphic images, have helped to increase awareness and alter behaviors.

Similarly, Levin notes that nutrition labeling, which became mandatory in the U.S. in 1990, helps people understand how a food or beverage may impact their health and can lead to better choices. “For example, knowing what portion constitutes a serving of food or beverage is valuable information in managing diet quality,” she said.

Levin expects that warning labels on alcohol can be similarly helpful in heightening awareness about potential health risks, and Dr. Yin agrees.



Beyond labels — How to reduce your cancer risk

The Surgeon General’s call for warning labels has definitely brought the topic of preventable cancer risks to the forefront for a lot of people who may not have been aware of the risks. Ongoing research continues to expand our understanding of cancer-related processes in the body and offers exciting opportunities for breaking the link.

The increased risks associated with alcohol consumption are related to how much and how often a person drinks. The 2020-2025 U.S. Dietary Guidelines state that for adults who choose to drink alcohol, women should have one drink or less in a day and men should have two drinks or less in a day. Dr. Yin says the risk increases even at low levels of consumption (less than one drink in a day).

“There is no ‘safe’ level of consumption,” according to Levin. “That said, it makes sense to reduce the number of alcoholic beverages we consume at any one time and to reduce the frequency of consumption.”

Levin points to positive trends, such as the growing observance of “Dry January” and “Damp January,” when people purposefully decrease alcohol consumption. “Additionally, a growing number of restaurants and bars are creating a significant variety of ‘mocktails’ made with premium non-alcoholic ingredients,” she said.

When it comes to diet, the most impactful changes people can make to reduce the risk of cancer and other diseases are to include more plant portions on a regular basis. Levin says, “As you increase the portions of filling, high-fiber, low-calorie, dense vegetables and fruits, it is easier to eat smaller portions of the higher-calorie menu items. Cutting calories while feeling full is a great way to manage your weight.”

The American Institute for Cancer Research, which Levin cites as “the gold standard for reliable, evidence-based guidelines for cancer and all disease prevention,” offers a free online Cancer Health Check and a Healthy10 Challenge. To learn more about how the choices we make each day can help reduce our risk for cancer, visit www.aicr.org.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

For more than 40 years, FCS 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 therapies, 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 cancers and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



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For more information,
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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.

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Dr. Sunil Panchal

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

Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The National Institute of Spine and Pain

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

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org

Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

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

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

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

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

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

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

References:

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



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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

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www.hyperbariccentersofflorida.com

YOUR NEW YEAR HEALTH PRIORITIES

Dr. Vahora, MD, FACOG

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

The Significance of Yearly Pap Smears:

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

1. Early Detection of Abnormalities:

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

2. Effectiveness in Preventing Cervical Cancer:

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

3. Guidance for Further Testing:

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

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

Key points emphasizing the importance of yearly mammograms:

1. Detecting Breast Abnormalities:

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

2. Screening for Breast Cancer:

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

3. Tailored Screening Plans:

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

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

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



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

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

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DR. PARVEEN S. VAHORA, MD, FACOG:

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

BY DR. ROBERT LUPO, D.C.

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

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

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

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

Treat ED's Cause with GAINSwave

GAINSwave treats erectile dysfunction at its core. The GAINSwave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSwave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity.

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

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

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



GAINSwave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSwave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSwave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.

It's Never too Late

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

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

Give yourself and your partner the gift of GAINSwave

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

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

Dr. Robert Lupo, D.C.

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

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FLORIDA FOOD FORCE

Florida Food Force is a nonprofit initiative aimed at addressing food insecurities in Florida. It is a part of a broader effort to alleviate hunger and ensure that all residents in their area have access to nutritious food.

Key efforts of Florida Food Force include:

Food Distribution and Access: This initiative works to improve access to food for underserved communities by establishing food banks, emergency food distribution, and a weekly supplement food program that doesn't have any income restrictions or county restrictions.

Collaboration with Local Partners: By teaming up with various organizations, businesses, and government agencies, Florida Food Force creates a more efficient system to provide these programs to a wider audience. These collaborations help to provide sustainable, long-term solutions to food insecurity.

Emergency Response: In times of crisis – such as natural disasters or economic downturns – Florida Food Force can quickly provide immediate food assistance to affected areas. The ability to respond quickly is especially crucial in a state like Florida, which frequently faces hurricanes and other natural disasters.

Community Education and Advocacy: The initiative also focuses on educating communities about nutrition, health eating, and available assistance programs. By raising awareness about food insecurity, Florida Food Force aims to provide immediate relief and create lasting change through public awareness campaigns.

Through these efforts, Florida Food Force plays a critical role in fighting hunger, improving public health, and building stronger, more resilient communities in west Florida.

As of recent data, food insecurity remains a significant issue, with millions of residents facing challenges in accessing enough nutritious food. Below are some 2024 statistics regarding food insecurity in Florida:

- 2.3 million Florida residents have food insecure households.



- Children are particularly vulnerable to food insecurity. In Florida, 1 in 6 children (about 800,000 children) are food insecure, which can have long term effects on their health, education, and development.
- 22 out of 67 counties in Florida have a food insecurity rate that exceeds the national average of 15%.
- 10.5% of Tampa Bay residents face food insecurity.
- 71% of lower income families of K-12 public school students in Florida reported signs of food insecurity in the past twelve months.
- 92% of rural Floridians say that affording groceries has become harder in the last twelve months and 72% of Floridians report that they find it more difficult to afford groceries compared to just a year ago. This isn't surprising when you consider that the cost of groceries has increased 25.8% since November 2020. Specifically, the same basket of groceries that cost you \$100 at the end of 2020 now costs you \$125.80.

Florida Food Force's two most popular programs are the Emergency Food Box, and the Weekly Supplemental Food Program.

"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

If you find yourself needing or know of someone who needs an emergency food box, please contact Florida Food Force. There are no income restrictions, and you do not need to reside near the food bank to benefit from the programs. Emergency food boxes are available Monday- Wednesday, 9:00 am to 2:30 pm by appointment. You can make an appointment by calling 727-261-7422. Please bring a photo ID. While you are there, ask about our Weekly Supplemental Food Program. Florida Food Force is located at 11523 Prosperous Drive, Odessa, FL 33556.

**Florida
Food Force, Inc.**
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Navigating End-of-Life Decisions: The Role of Hospice Palliative Care and Strategic Planning

By Steve Schneider, MBA - CEO, Securenet Financial, LLC.

As we navigate the complex journey of life, we inevitably confront the reality of mortality. When faced with terminal illness, the importance of hospice palliative care becomes clear. This specialized medical care focuses on providing relief from pain and other distressing symptoms, enhancing the quality of life for patients and their families. However, beyond medical support, thoughtful estate and legacy planning can significantly ease the financial burdens that often accompany end-of-life decisions.

Understanding Hospice Palliative Care

Hospice palliative care is designed to provide comprehensive support to individuals with life-limiting conditions. Unlike curative treatment, which aims to eliminate the illness, palliative care prioritizes comfort, dignity, and quality of life. This approach can be initiated at any stage of a serious illness and involves a multidisciplinary team, including doctors, nurses, social workers, and spiritual advisors.

The goal of hospice care is not just to manage physical symptoms but also to address emotional, social, and spiritual needs. Families are often involved in care decisions, allowing for open discussions about preferences and wishes. This holistic approach creates an environment where patients can feel safe and supported, ultimately leading to more meaningful end-of-life experiences.

The Financial Implications of End-of-Life Care

While hospice care provides essential support, the financial aspects of end-of-life decisions can be daunting. Medical bills, potential long-term care expenses, and funeral costs can accumulate rapidly, creating additional stress for families during an already challenging time. This is where strategic planning—specifically estate and legacy planning—becomes vital.

Estate Planning: Establishing a comprehensive estate plan ensures that your assets are managed according to your wishes. This includes drafting a will, setting up trusts, and designating powers of attorney. These legal documents help clarify your desires regarding asset distribution, healthcare decisions, and financial management, minimizing confusion and disputes among family members.

Legacy Planning: Legacy planning goes beyond just managing assets; it involves determining how you want to be remembered. This could include philanthropic endeavors, family traditions, or specific messages you want to pass down to future generations. By addressing these aspects, you provide a framework for your loved ones, helping them to honor your legacy while navigating their grief.

Retirement Planning: A solid retirement plan is equally crucial. By anticipating healthcare needs and potential end-of-life expenses, you can create a financial cushion that alleviates some of the burdens on your family. Long-term care insurance, health savings accounts, and retirement accounts can all play significant roles in ensuring you have the resources necessary to cover your needs without placing financial strain on your loved ones.

The Interconnection of Care and Planning

The synergy between hospice palliative care and financial planning cannot be overstated. When individuals have a well-thought-out plan in place, they can focus on the emotional and relational aspects of their care rather than being overwhelmed by financial concerns. This holistic approach enhances not only the quality of care received but also the overall experience for families during a difficult time.

Open Communication is Key

Engaging in open and honest conversations with loved ones about your wishes is essential. Discussing your preferences regarding medical care, financial decisions, and legacy intentions can alleviate the burden on family members during a crisis. Encourage family members to express their thoughts and feelings as well, creating a supportive environment that fosters understanding and compassion.

Seeking Professional Guidance

While it may seem daunting, the process of estate and legacy planning can be streamlined with the help of professionals. Financial advisors, estate planners, and hospice care coordinators can provide invaluable assistance in crafting a comprehensive plan tailored to your unique situation.

Their expertise can help you navigate the complexities of legal and financial issues, ensuring that your desires are honored.

Conclusion

As we confront the inevitable, integrating hospice palliative care with thoughtful estate and legacy planning can make a significant difference in the lives of both patients and their families. By addressing medical needs while also preparing for the financial and emotional challenges of end-of-life decisions, individuals can foster a sense of peace and control during a tumultuous time.

Ultimately, this proactive approach not only enriches the patient experience but also creates a lasting legacy of love and consideration for future generations. In the end, it's about more than just planning; it's about ensuring that our final chapters are filled with dignity, comfort, and meaningful connections.

Do you want to learn more about estate, legacy, and retirement planning? Do you have questions concerning end-of-life expenses?

The team at Securenet Financial, LLC can help. Visit our website at www.securenetfinancial.com or call our office at (352) 312-9900 to schedule a no-cost, no-obligation introductory consultation. At Securenet Financial, we're here for you.

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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).



How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy

is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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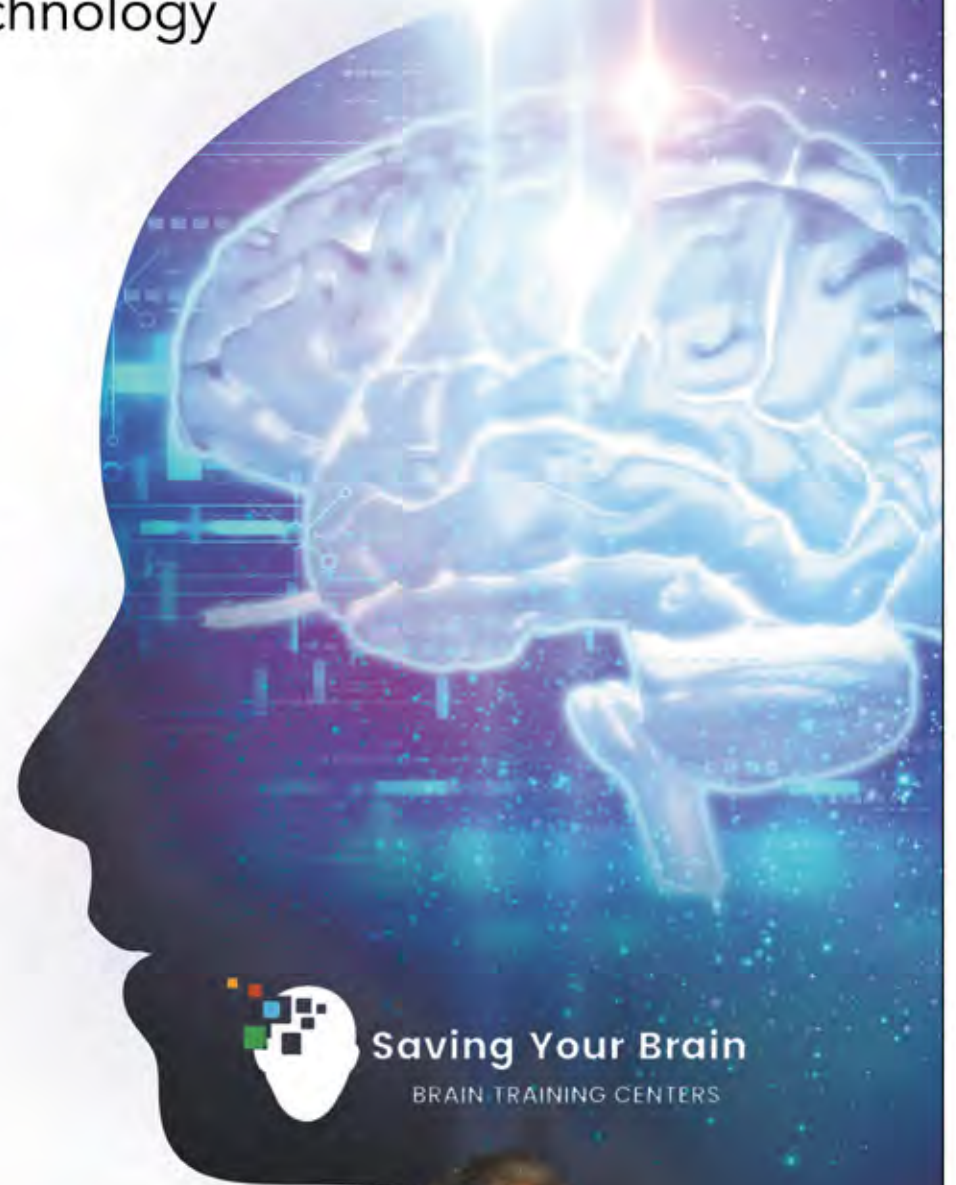
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