

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

March 2025

Tampa Bay Edition - Monthly

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YOUR
BRAIN**

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THERE'S REAL
RELIEF FOR
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Saving Your Brain

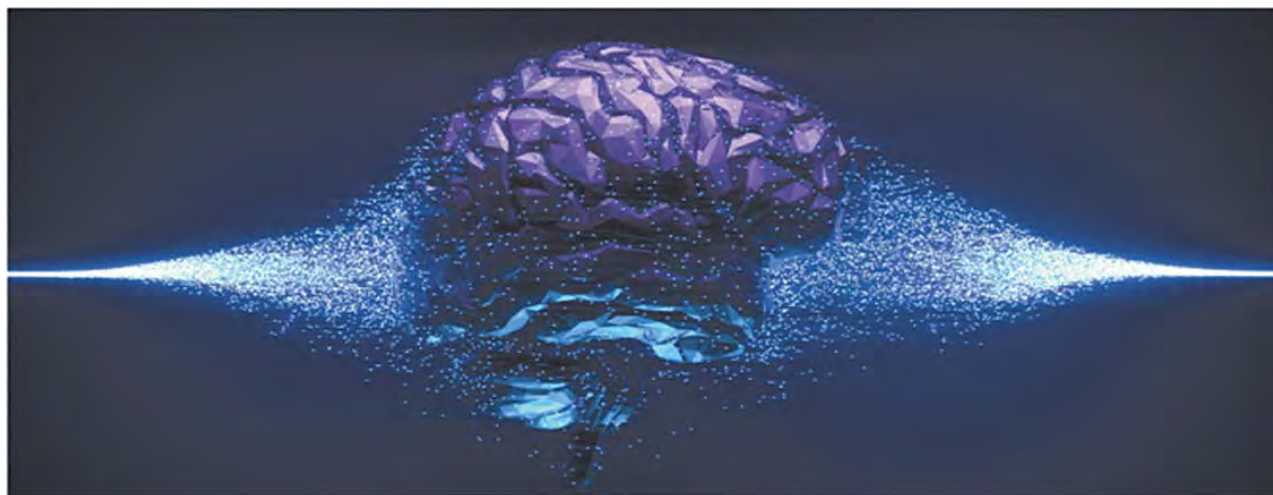
BRAIN TRAINING CENTERS

Saving Your Brain is a state-of-the-art facility that offers non-drug programs providing viable solutions for almost any neuro-developmental, behavioral, academic, psychological, or mental health issue. Currently, we are seeing people from age 2 to 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 who 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.

All of the above conditions 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. We have found there are several common features in all the conditions mentioned earlier. There are some commonalities 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".

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, and 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 dumbbells or pulleys until it got stronger. Then you could use the barbell 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.

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, Neurodevelopmental Brain, and Neurofeedback. His 44 years of experience assessing and treating over 16,000 patients make him the ideal "Brain Health Coach".



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COMBATING LONELINESS: THE IMPACT OF DAILY SOCIALIZATION ON SENIOR'S WELL-BEING

Did you know that loneliness has a greater impact on your health than obesity and physical inactivity? In fact, loneliness can be attributed to:

- 29% increase in heart disease
- 32% increase in risk of stroke
- 50% increase in dementia

Socialization is crucial for the well-being of older adults, as it helps combat feelings of loneliness and isolation. Senior day care centers like the new Generations Club in Tampa, offer a full daily schedule of activities that can drastically change the lives of mature adults.

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 to share experiences, stay mentally active, and build supportive relationships which improve self-esteem and overall happiness.

Generations Club has various themed activity rooms that make socialization fun. From art classes in the Groovy Art Studio to musical performances in the Legends Music Studio, there is always an opportunity to engage with other members. With a team of experienced and compassionate staff, they offer specialized programs and activities which benefits seniors and is vital for their overall well-being.

Furthermore, members can take advantage of the Generations Connections program in partnership with Seniors in Service which matches members with volunteers who provide caring friendships beyond their time at the Club.

WHAT ELSE MAKES GENERATIONS CLUB DIFFERENT

Generations Club also stands out from the rest due to 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.

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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 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
- Physical Therapy
- Podiatry
- Optometry
- Pharmacy
- Internal Medicine
- Manicures / Pedicures
- Barber/ Beauty Salon
- Elder Law Services

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 and opportunities for socialization consider joining Generations Club!



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! Also, if you sign up before April 1st, we will waive the one-time membership fee and offer a free day. A savings of more than \$200!

As a nonprofit, our goal is to enrich the lives of seniors and provide an invaluable service to the mature adults in our community. Call today to schedule a tour 813-565-7611!



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

BY DR. ROBERT LUPO, D.C.

None of us are impervious to aches and pains, but for numerous individuals chronic tingling, numbness, and pain disrupts their lives on a daily basis. In the United States, neuropathy affects close to 25 million people. Neuropathy symptoms are typically a heavy sensation in the limbs with numbness, tingling and pain.

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

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

Traditional Treatments

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

A Better Treatment Option

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

Advanced Treatment with Quantum Technology Gets to the Root Cause

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

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

RST Sanexas: Is NOT a TENS unit device

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

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

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

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

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

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



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

This procedure is covered by Medicare and most insurance carriers.

Dr. Lupo's Practice—An Integrated Approach

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

Dr. Robert Lupo, D.C.

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

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

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

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A Look at Cancer Trends in the U.S.

The American Cancer Society's recently released annual report of cancer trends provides a deep dive into cancer incidence, death rates and survival. The publication is a go-to resource and forms the basis for vital, ongoing research into the causes and risk factors of cancer as well as transformational treatment discoveries.

Report Summary

According to the report, just over 2 million new cancer cases will be diagnosed in the U.S. during 2025, averaging about 5,600 new cases daily. The projected number of cancer-related deaths for the year is 618,120.

On the bright side, cancer mortality (the number of deaths from cancer) continues to decline in both men and women, a result of reductions in smoking, better treatments and earlier detection for some cancers.

An Upward Trend Among Younger People

The report also shines the light on some concerning trends related to the most common cancers:

- Women ages 50 to 64, as well as those under 50, now have higher rates of cancer compared to men in the same age groups. Women under age 50 are 82% more likely to be diagnosed with cancer than men, a significant increase from 51% in 2002.
- The surge among women is largely due to higher incidences of breast and thyroid cancers, alongside rising cases of lung and cervical cancers.
- Rates for lung cancer among younger American women have surpassed those of males, particularly in cases of adenocarcinoma, a common subtype of lung cancer.
- The incidence of colorectal cancer among younger adults is rising as well.

What's Behind the Trends?

The reasons for the increases in several early-onset cancers in younger women and men are not fully understood, but several factors may contribute.

Delaying childbirth and reduced breastfeeding rates have been linked with increased breast cancer risk, as well as a rise in alcohol consumption, obesity and physical inactivity. Genetics can also play a role. Younger women diagnosed with breast cancer are more likely to carry BRCA1 or BRCA2 gene mutations, which significantly elevate risk.

While smoking remains the primary risk factor for lung cancer, the upward trend among younger women is not fully explained by smoking behaviors. Studies indicate that even in populations where smoking rates between young men and women are similar, women exhibit higher lung cancer rates. Nearly 20% of lung cancer diagnoses in women occur among non-smokers, which suggests that other factors contribute, but definitive causes have not yet been determined.



Researchers are also investigating various potential causes for the upward trend in colorectal cancers. Modern diets, exposure to environmental toxins and lifestyle factors are among the likely potential causes.

Racial & Ethnic Disparities Persist

Large and persistent disparities also exist between different racial and ethnic groups. Alaskan and American Indians experience the highest cancer mortality rates. The Black population has the second-highest mortality for prostate, breast and endometrial cancers (2x that of every other group), and Black women are 50% more likely to die of cervical cancer.

Across all races, some cancers have a strong genetic component and some appear to run in families, while age, overall health, lifestyle and environmental factors also contribute to cancer risk. Research has cited economic and social impacts as primary reasons for the higher impact of cancer among Black Americans — among them, limited access to quality health care, lower socioeconomic status and lack of health insurance, which can delay diagnosis and treatment.

Reducing Cancer Risk

One of the best ways all people can reduce cancer risk is by taking the time to prioritize health and well-being. Plan ahead and schedule appointments for recommended wellness checkups and cancer screenings.

A growing number of screening tests are effective at finding and even preventing cancer, often before signs or symptoms appear. When detected early, certain cancers are much easier to treat.

Preventive health care and screening tests are necessary even if you are feeling fine. Talk with your doctor about what is right for you, based on your own health, family health history and personal risk factors.

Hope Behind the Numbers

While it's easy to become overwhelmed by the numbers, it's important to focus on the dramatic, ongoing discoveries that continue to enhance our understanding of cancer and uncover lifesaving treatments that are providing hope and enabling people with the disease to enjoy life to the fullest.

Reference: American Cancer Society. Cancer Facts & Figures 2025. Atlanta: American Cancer Society; 2025

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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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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Vaginal Dryness + Painful Sex Could be Signs of Endometriosis

By Parveen Vahora, M.D.

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

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

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

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

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



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

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

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

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Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

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

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

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

The Symptoms of SI Joint Instability:

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

Sacroiliac Joint Instability Causes

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

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



Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with The National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

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

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

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

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

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

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

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

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

The National Institute of Spine & Pain

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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

FGCU's 'Disaster Day' Prepares Tomorrow's Healthcare Heroes

Marieb College simulation ensures graduates are ready for any emergency

Emergencies are unpredictable, and preparing future healthcare professionals to handle them is a top priority at Florida Gulf Coast University. To ensure students gain invaluable real-world experience, FGCU hosted its inaugural "Disaster Day" event in November, bringing together over 600 participants for an adrenaline-charged emergency training exercise. More than 300 students from FGCU's Marieb College of Health & Human Services joined faculty, staff, volunteers and local first responders in an all-day simulation designed to test their ability to assess, diagnose and treat patients under pressure.

The multidisciplinary exercise highlighted FGCU's commitment to ensuring healthcare students are prepared to enter the workforce equipped to handle real-world emergencies.

It takes a village to stage a 'disaster'

Over 600 participants were involved, including hundreds taking part in a mass CPR training in partnership with the American Red Cross.

Some 100 student actors portrayed victims on the worst day of their lives, creating realistic scenarios by simulating injuries and distress. Emergency vehicles — including ambulances, fire trucks, police cars and a medical helicopter — added to the life-like atmosphere.

The event brought together local first responders, the Florida State Guard, the American Red Cross, the American Heart Association, the Salvation Army, Lee County Sheriff's Office, San Carlos Fire Department, Lee Flight, NCH and Lee Health, as well as several simulation companies that donated their time and equipment. Eleven FGCU academic programs were involved, including eight from Marieb College.

As the day unfolded, healthcare students rotated through various zones of the staging areas, each presenting unique challenges. Students practiced skills learned in the classroom, like how to help triage, evaluate, assess and treat. They faced a variety of issues affecting their patients' mental health, physical ability and psychomotor, cognitive and functional skills.

The experience dramatically underscored the importance of healthcare professionals working together. For many of the healthcare students involved, participating in a hands-on emergency simulation added urgency to lessons learned from textbooks and classroom lectures.

The simulated disaster was more than just a test of individual skills — it was a masterclass in teamwork. Students from different healthcare disciplines worked side by side, combining their expertise to deliver optimal care. This interprofessional collaboration reflected real-world healthcare settings, where success often depends on effective communication and coordination among diverse teams.

For many participants, the exercise offered a profound sense of realism. Tasks like managing airways, monitoring vital signs and delegating responsibilities became second nature as the adrenaline kicked in. By the end of the day, students reported feeling more confident and prepared to face actual emergencies.

Preparing for real life

To enhance the realism of playing victims, student actors from FGCU's theatre department arrived several hours before the simulation to apply moulage, a theatrical disaster makeup, to create the appearance of injuries involving blood and gore. The volunteer "casualties" took their positions on Recreation Field 1 under the watchful eye of four groups of first responders and Marieb College faculty, there to observe the progress of the healthcare students.

Their realistic performances added urgency and complexity to the scenarios. Healthcare participants were able to practice skills learned, such as controlling a patient's airway, making sure patients are intubated if they are unconscious and delegating tasks to other team members.

Before the event, Joe Buhain, Marieb College's director of interprofessional simulation and emerging technology, said his primary goal was to

engage students in interprofessional education with the hope that they would learn, not just from the event, but from each other.

FGCU's Disaster Day is a testament to the university's dedication to hands-on learning. Through carefully crafted scenarios, participants not only practiced their technical skills but also learned how to adapt to the unpredictable nature of crisis situations. Each scenario was designed to challenge students' clinical knowledge, decision-making abilities and emotional resilience.

The event also highlighted Marieb College's emphasis on interdisciplinary learning. Healthcare students interacted with peers from programs like social work, counseling and nursing anesthesia — fields they might not typically encounter in classroom settings. This exposure broadened their understanding of the holistic approach required in emergency care.

The path forward

As FGCU looks ahead, the success of Disaster Day has set the stage for future simulations. Organizers plan to make this an annual event, continually refining the scenarios to mirror evolving healthcare challenges. By providing students with immersive, real-life experiences, Marieb College is preparing them to succeed — and shaping the future of healthcare.

For prospective students, current professionals and community partners, Disaster Day exemplifies the university's innovative approach to education. It's a place where learning goes beyond the classroom, where collaboration takes center stage and where the future of healthcare is being shaped.

Learn more about FGCU's Marieb College of Health & Human Services at fgcu.edu/marieb.



FGCU.EDU

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

Maintaining Healthy Friendships

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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

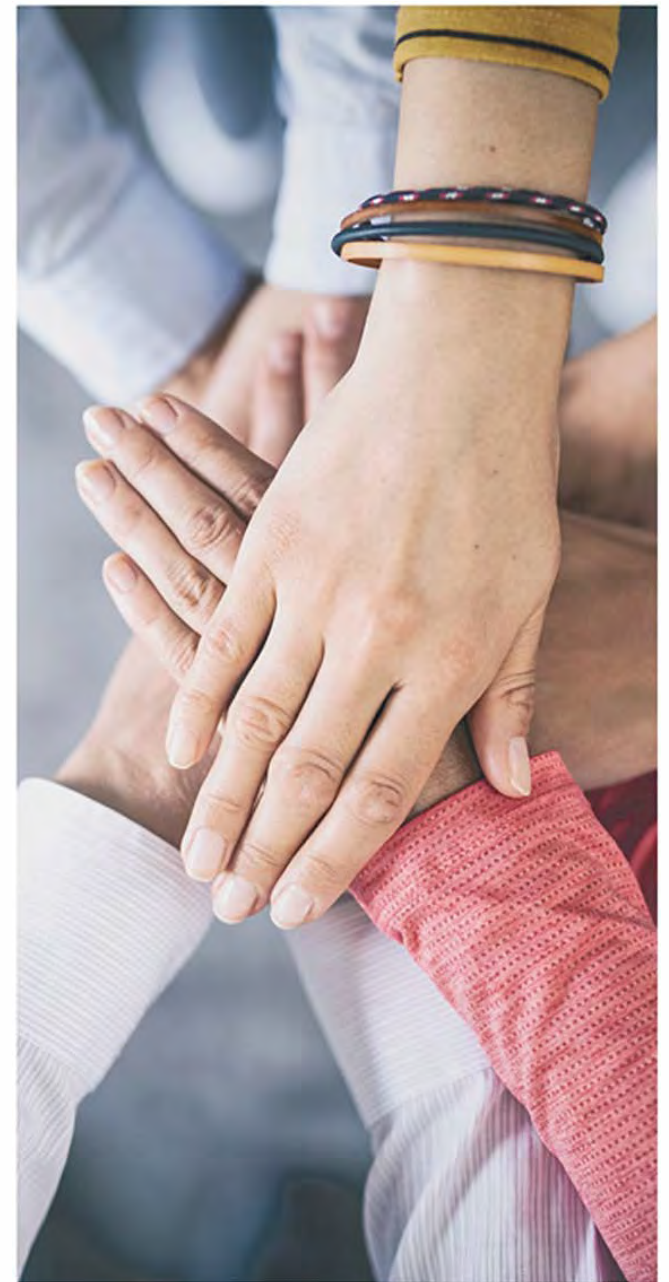
Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

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

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

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

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



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

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

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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

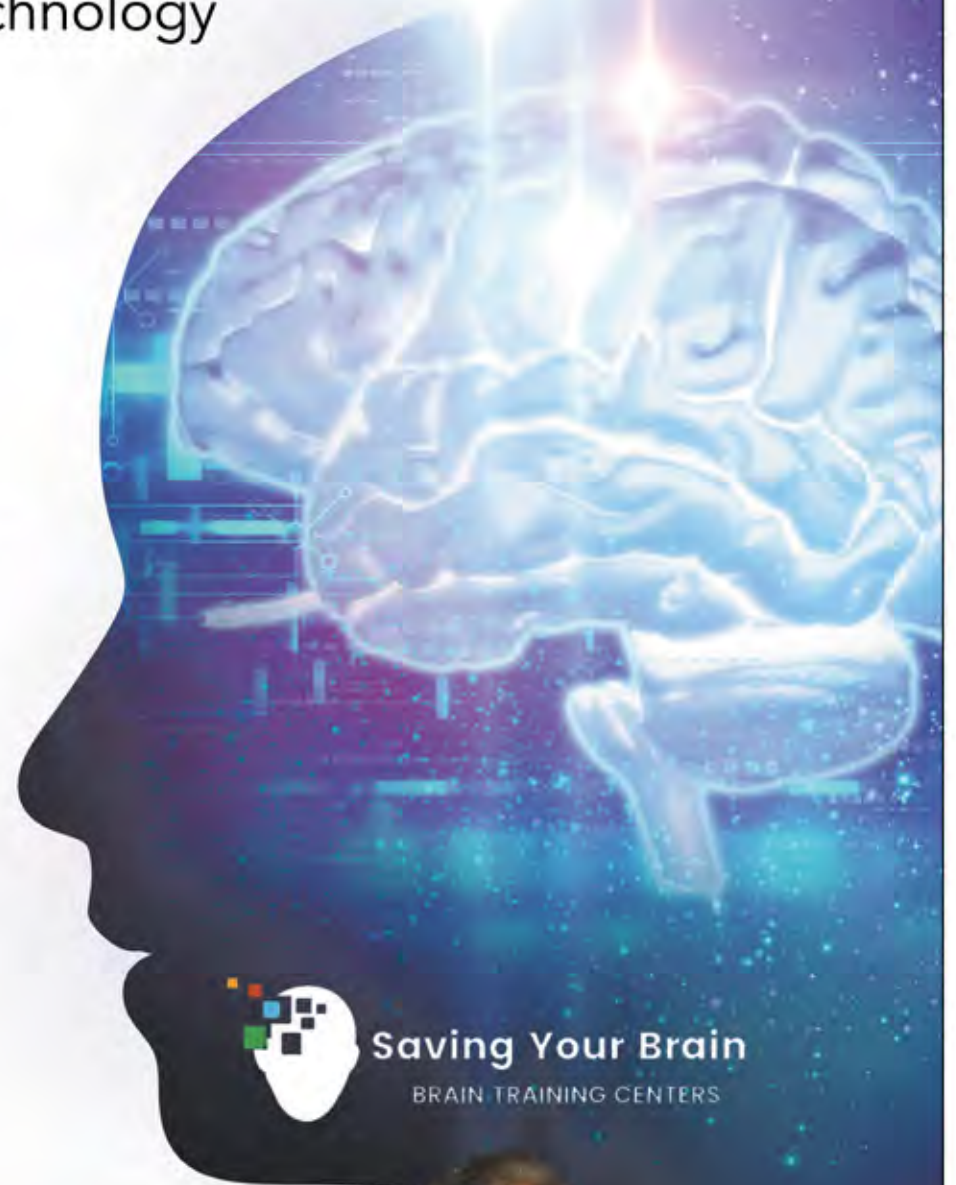
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