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Health & Wellness[®] MAGAZINE

August 2025

Tampa Bay Edition - Monthly

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THERE'S
REAL RELIEF
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BACK PAIN**

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Help for Alzheimer's?

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

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

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

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

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

Think about going to the gym to work out. There are stations for your chest, stations for your back, stations for your legs, stations for your arms, and stations for cardiovascular fitness. When your muscles are fairly balanced you can use a barbell for things like bench press or curls. What happens if you are in an accident and you break one arm and it was in a cast for 8 weeks? You could not use the barbell to lift weights like before because the casted arm is too weak. You would have to build the weaker arm up using 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.

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

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

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

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

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

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

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



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FROM MELANOMA SURVIVOR TO PATENT HOLDER: Local Inventor Develops Patented Skincare Applicator

When Kathe D'Alfonso faced melanoma, the Penfield resident knew her daily routine had to change. Suddenly, applying sunscreen to every inch of her body became not just important—it became life-saving. But like most people, she discovered a frustrating reality: reaching the middle of her back was nearly impossible.

Rather than accept this limitation, the 55-year-old inventor decided to create her own solution. Three years of development later, D'Alfonso holds a patent for Solo Beauty, a flexible wand applicator that's transforming how people approach their skincare routines.

Innovation Born from Necessity

Solo Beauty features a unique design: a sturdy wand topped with a flexible, mitt-covered head that angles perfectly to reach those troublesome spots between the shoulder blades. The interchangeable mitts come in three varieties—a lotion applicator made from material that resists absorption, a body exfoliator, and a face exfoliator.

"I don't know anyone who can reach the middle of their backs," D'Alfonso said with a laugh, highlighting the universal problem her invention solves.

The path to patent approval wasn't guaranteed. D'Alfonso's attorney cautioned her that patent acquisition is far from automatic. When the U.S. Patent Office approved her application in April 2024, it validated not just her design but her persistence through years of prototype development.

Engineering for Real-World Use

D'Alfonso's commitment to quality shows in her development process. She created eight different prototypes before settling on the final design, testing each version rigorously. Her current prototype has survived more than 550 machine wash cycles—a testament to the product's durability.

"The biggest thing is it has the right angle," she explained. "Just hold it up and put it over your shoulder. The mitt can be washed and dried. There's no product out there that does that."

This washability factor sets Solo Beauty apart from competitors while offering environmental benefits. Unlike similar products with disposable heads, Solo



Beauty's reusable design reduces waste and saves customers money over time.

Expanding Beyond the Original Vision

While D'Alfonso initially created Solo Beauty for sunscreen application, customer feedback revealed broader applications. People with arthritis, Parkinson's disease, and mobility limitations have found the tool invaluable for maintaining independence in their skincare routines. Others use it to apply topical medications without exposing their hands to the treatment.

***"Customers absolutely love it,"
D'Alfonso reported. "It solves a
lot of problems and has been
helping people."***

The response from wheelchair users has been particularly meaningful to her. "Some customers use wheelchairs. They go through a lot of struggles and this helps," she noted, emphasizing how the product addresses accessibility challenges she hadn't initially considered.

Local Manufacturing, Personal Touch

D'Alfonso has built her business around local partnerships. She cuts all materials herself and works with a local seamstress for mitt construction, while sourcing wands from regional suppliers. This approach keeps production close to home and allows for customization—including one memorable request for Holstein cow print mitts.

Her sales channels reflect this personal approach. Starting at the Webster Farm Market, D'Alfonso now operates a physical store in Irondequoit and maintains an online presence at solobeautyroc.com. The direct customer interaction has been rewarding, she says, with repeat customers and enthusiastic word-of-mouth recommendations driving growth.

Looking Forward

Solo Beauty retails for \$28.99 online, with replacement mitts available for \$12.99 to \$14.99. For D'Alfonso, the success isn't just measured in sales figures but in the problems solved.

"For the average person, this product solves a problem and makes your life easier," she reflected. "Once you use it, you'll never stop."

What started as one woman's response to a health challenge has evolved into a solution that addresses universal accessibility needs in personal care. D'Alfonso's journey from melanoma patient to patent-holding entrepreneur demonstrates how personal necessity can spark innovations that benefit entire communities.

As Solo Beauty continues to reach new customers, D'Alfonso's story serves as inspiration for other would-be inventors: sometimes the best business ideas come from solving your own problems first.



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Forgetfulness and Alzheimer's: RECOGNIZING THE WARNING SIGNS

by ArchWell Health

Let's face it, we can all be forgetful at times. Whether it's misplacing keys or blanking on a name, these are the typical hiccups of everyday life. But as we age, memory lapses can sometimes feel more alarming. The good news? For most people, these changes are just a natural part of aging, but they could signal something more serious, like dementia or Alzheimer's. So, how can you tell the difference? Let's break it down.

Changes in mood and personality

Have you noticed someone pulling away from social events or losing interest in things they once loved? It may seem small, but sometimes it's a big deal. People dealing with dementia or Alzheimer's might avoid group activities because keeping up with conversations feels overwhelming. Little by little, fear, anxiety, depression, or confusion can creep in and affect their everyday mood. If these shifts sound familiar, it's a good idea to get a primary care provider involved.

Everyday memory lapses

We all lose the remote occasionally—it's no big deal. But when memory issues start affecting everyday life, it gets concerning. Someone dealing with Alzheimer's or dementia may struggle with tasks they've performed many times before, like making dinner or paying bills. They might even get mixed up about what day, year, or season it is. Another thing to watch out for? Risky decisions or choices that seem out of character.

New problems with speaking or writing

We all find ourselves at a loss for words occasionally. But when someone starts calling a clock a "round thing" or has trouble naming everyday items, it could be a sign of dementia. Repeating the same phrases over and over or stopping mid-sentence without knowing how to continue are other potential red flags. On top of that, some people may struggle with visual or spatial awareness—like misjudging distances or getting confused by images. If any of these rings a bell, it's probably time to chat with your primary care provider.

Tips for managing Alzheimer's

Eat smart for brain health

Eating a healthy diet isn't just great for your body—it does wonders for your brain too! Foods packed with Omega-3 fatty acids and antioxidants can give your cognitive function a nice boost and help lower the chances of issues like diabetes and heart disease. And for folks dealing with Alzheimer's, smart food choices can help address weight loss and make swallowing easier as the condition progresses.

Stay active

Exercise isn't just about staying fit—it can also do amazing things for the mind. Regular physical activity helps improve cognitive function, regulate sleep, manage mood swings, and even reduce sundowning symptoms. Plus, staying active keeps you on your feet, lowers your risk of falls, and helps you manage everyday tasks like cooking, cleaning, or getting dressed.

Prioritize Sleep

A good night's sleep is more important than you think. Sleep issues often pop up for people with Alzheimer's, making other symptoms even tougher to handle. Whether it's sleeping too much, struggling with insomnia, or dealing with sundowning episodes, getting into a steady sleep routine can make a real difference.

Explore treatment options

While currently, there is no cure for Alzheimer's, there are medications that can help manage symptoms and even slow things down a bit. The sooner you start looking into treatment options, the better. It's a lot easier to plan and make decisions early in the progression of the disease. At this stage, it's also critical to make sure your care team understands your wishes about medication, therapy, and long-term care plans.



Take charge of your health

An Alzheimer's or dementia diagnosis can feel daunting but catching it early and adopting good habits can make a huge difference. We recommend getting a dementia screening once you reach age 65 and sticking to routines that boost your well-being—like eating well, staying active, and keeping an eye on your mental health. By staying informed and being proactive, you can approach aging with confidence and care. For more quick tips and helpful insights — scan the QR code below.

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At-Home Cancer Screening. A Reliable Option?

Catching cancer early can greatly improve the chances of successful treatment and survival. Some tests can spot abnormalities even before signs or symptoms appear.

Unfortunately, many people avoid colonoscopies (to detect colon cancer) or Pap smears (to test for cervical cancer) because they find them invasive, uncomfortable, or embarrassing.

At-home cancer screening tests offer new ways for people to screen from the comfort and privacy of home at their convenience. But are these tests as accurate as going to the doctor's office?

New At-Home Cervical Cancer Screening Option Now Available

The first at-home screening device for cervical cancer was approved by the FDA in 2024. It enables women to self-collect vaginal cells to test for human papilloma virus (HPV), the virus that causes nearly all cervical cancers. Now available by mail through an on-line registration process, the collected sample is sent to a certified lab for testing.

"This test is one of the first of its kind and has the potential to broaden HPV testing, especially for patients who may be hesitant to see a doctor," says Heather Miller, MD, gynecologic oncologist with Florida Cancer Specialists & Research Institute. "The studies show similar accuracy to detect HPV compared to Pap tests conducted during clinic visits."

Dr. Miller stresses, however, that the test should be reserved for patients who are low risk and have no personal or family history of HPV or abnormal pap smears. "Any positive HPV test should prompt a visit to a gynecologist and further examination," she said.

At-Home Options for Colon Cancer Screenings

The two most common ways to screen for colon cancer are colonoscopy (the procedure examines the inside of the colon to look for polyps or abnormal growths) and stool-based tests like the FIT (fecal immunochemical tests) or gFOBT (guaiac-based fecal occult blood tests) that check for traces of blood or abnormal DNA in the stool.

Both types of screening tests are available for at-home use—some require a doctor's order, while others can be bought over the counter.

The first at-home non-invasive test for colon cancer that detects both altered DNA and blood in stool was approved by the FDA in 2014. Once prescribed by a doctor or through telehealth, the kit is mailed with detailed instructions, and results are sent to your provider within one to two weeks.

According to Florida Cancer Specialists & Research Institute medical oncologist Anjan Patel, MD, the key benefits of at-home screening are their "ease of availability and



affordability." That may be a positive advantage given the alarming rise in colon cancer among people in their 20s, 30s and 40s.

There are limitations, however.

"Results can vary depending on where the cancer may be in the colon," said Dr. Patel. "These tests have limited efficacy. A positive test is helpful to identify the need for a colonoscopy, but a negative result does not confidently allow a person to avoid a scope test." Like at-home cervical cancer tests, these tools are intended only for people at average risk.

Dr. Patel stresses that DNA-based testing is indicated for those who have had a negative colonoscopy in the past and not as an initial test. Additionally, he notes, "Colonoscopy also allows for the removal of potentially pre-cancerous polyps and the diagnosis of other conditions like inflammatory bowel disease during the procedure."

It's important to stay on schedule with all recommended cancer screenings. Guidelines may differ based on your age, family history and lifestyle.

A Pap test to screen for cervical cancer is advised for all women beginning at age 21 and continuing until age 65. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, a Pap test combined with human papillomavirus (HPV) testing is recommended every five years.

Colonoscopy screening should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This screening can detect cancer early and help prevent it by finding and removing polyps—abnormal growths in the colon that can turn into cancer—during the procedure.

Talk to your healthcare provider to find out which screenings are right for you. Most are painless and covered by insurance plans or available through community prevention programs. Reducing cancer risk is definitely worth the effort.

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Annual Wellness Exams - Check Them off your list - Now

By Parveen Vahora, M.D.

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

Pap Test and HPV Vaccine

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

Mammograms

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

Bone Density Test (DEXA Scan) and Calcium Levels

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

Genetic Testing for Cancer Risk

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

Pelvic Exams and Other Gynecological Issues

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

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

Identifying Issues for Follow-Up Visits

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

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



New Provider:

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

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

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

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



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GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

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

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

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

Treat ED's Cause with GAINSWave

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

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



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

it's Never too Late

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

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

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

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

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

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

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

Dr. Robert Lupo, D.C.

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

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

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www.RidetheGwave.com

Finally, There's Real Relief for Lower Back Pain



Dr. Sunil Panchal

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

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

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

The Symptoms of SI Joint Instability:

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

Sacroiliac Joint Instability Causes

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

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



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

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

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

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

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

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

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

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

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

The National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558
10740 Palm River Rd, Suite 490, Tampa, FL 33619
(813) 264-PAIN (7246)
www.nationalinstituteofpain.org

A HERO'S LEGACY: THE INSPIRATION FOR THE CLUB

My dad is my hero. Actually, he is a hero to all Americans, one of the millions of veterans in the United States. A decorated former Army Sergeant who valiantly served in the Vietnam War. He was strong in both body and mind. However, as he got older, we noticed his cognitive abilities and mobility started to decline. A few years ago, it led to a severe fall that changed all of our lives.

The injury he sustained launched a revolving door of hospital visits and rehabilitation stays. It was difficult not only for him and our family, but most significantly for my mom. Also in her late 70s and half the size of my father, my mom's role as the primary caregiver went into overdrive. When he was home, she ensured he took his medicine, got showered and maintained his daily routine. When he was at the hospital or rehab facilities, she spent 8-10 hours by his side ensuring that he continued to take his medicine, got showered and maintained his daily routine. Regardless of location and pleas from her 3 adult children, she barely took a break.

It wasn't long before everything took a toll on her and she herself ended up in the hospital due to dehydration and exhaustion. Our family now faced a harsh reality, we had to find another option. We found an adult day care center and it changed their lives.

The experience led to our decision to start Generations Club.

We want to give other families a bridge option that keeps their loved ones at home longer and gives much needed rest and peace of mind to caregivers. Our goal is simple, we want to help families in our community by providing top-quality, compassionate day care services that are tailored to ensure each senior thrives. With a team of experienced and compassionate staff, we offer a safe and engaging environment alongside specialized programs and activities which benefits seniors and is vital for their overall well-being.



Generations Club is much more than the premier place for mature adults to socialize and engage in daily activities. Generations Clubs offers full-service care in one convenient place, which is a game changer for caregivers. We have established partnerships with some of the leading medical and personal service providers in the industry. These collaborations enable us 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.

At Generations Club, we are dedicated to truly making a positive impact on the lives of those we serve, especially those who served in our armed forces.

Whether it's engaging in enriching activities, receiving medical services, or simply enjoying the

company of others, seniors at Generations Club can count on compassionate and skilled care at every turn.

If you or a loved one need daytime support, look no further than Generations Club. Our dedication to providing specialized care is evident in everything we do. Contact us today to learn more.



GENERATIONS CLUB

DAYTIME PROGRAM FOR
SENIORS

6800 N Dale Mabry Hwy., Suite 222
Tampa, FL 33614
813-565-7611
www.generationsclubs.org

Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

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

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

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

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

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

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

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

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

Patient Testimonials

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

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

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

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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

Reference:

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

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

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

Change Your Brain. Change Your Life.

Training the brain with advanced technology to correct brain imbalances.

Innovative Brain Treatment Programs

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

Conditions We Help

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

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

Our Services

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

Saving Your Brain

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