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ADVANCED AND INDIVIDUALIZED CARE

YOUR GUIDE TO MENOPAUSE AND PERIMENOPAUSE CARE

By Parveen Vahora, M.D.

September marks Menopause Awareness Month, a time dedicated to breaking the silence surrounding this natural life transition that affects millions of women worldwide. As we observe this important month, it's crucial to understand that menopause and perimenopause don't have to be endured in silence or discomfort. With proper medical care and innovative treatments, women can navigate this journey with confidence and renewed vitality.

Understanding Menopause and Perimenopause

Menopause typically occurs between ages 45 and 55, marking the end of menstrual cycles after twelve consecutive months without a period. However, the transition often begins years earlier during perimenopause, when hormone levels start fluctuating unpredictably. This phase can bring various symptoms including hot flashes, night sweats, mood changes, sleep disturbances, weight gain, brain fog, and intimate health challenges that significantly impact quality of life.

The symptoms experienced during this transition can vary greatly from woman to woman. Some may have mild symptoms that barely affect their daily routine, while others experience severe disruptions to their work, relationships, and overall well-being. Common early signs of perimenopause include irregular periods, changes in menstrual flow, increased PMS symptoms, and difficulty sleeping.

Many women suffer unnecessarily, believing these symptoms are simply part of aging that must be endured. The truth is that effective treatments exist to help manage and alleviate menopausal symptoms, allowing women to maintain their health, comfort, and overall well-being during this transition. Understanding that help is available is the first step toward reclaiming control over your health.

The Role of Hormone Replacement Therapy

Hormone Replacement Therapy (HRT) remains one of the most effective treatments for managing menopausal symptoms. Modern HRT approaches are personalized to each woman's unique needs, health history, and symptom profile. When properly prescribed and monitored by experienced healthcare providers, HRT can provide significant relief from hot flashes, night sweats, mood swings, and other common menopausal symptoms.



Today's HRT options are more sophisticated than ever before, offering various delivery methods including pills, patches, gels, and creams. Bioidentical hormones, which are chemically identical to those produced by the human body, provide another option for women seeking natural hormone replacement solutions. The key is working with a knowledgeable healthcare provider who can determine the most appropriate approach based on individual needs and medical history.

During a comprehensive menopause consultation, healthcare providers evaluate individual risk factors, discuss treatment options, and develop customized care plans. These consultations are essential for women experiencing perimenopause or menopause symptoms, as they provide the foundation for effective, safe treatment strategies tailored to each patient's specific situation.

Addressing Intimate Health with MonaLisa Touch

One of the most challenging yet often unspoken aspects of menopause involves intimate health. Declining estrogen levels can cause vaginal dryness, tissue thinning, and reduced elasticity, leading to painful intercourse and decreased sexual satisfaction. These changes can strain relationships and significantly impact a woman's sense of femininity and overall quality of life.

The MonaLisa Touch laser treatment offers a revolutionary solution for these intimate concerns. This innovative, minimally invasive procedure uses fractional CO2 laser technology to stimulate collagen production and restore vaginal tissue health. The treatment helps alleviate vaginal dryness, reduces pain during intercourse, and can significantly improve sexual satisfaction and comfort.

MonaLisa Touch treatments are performed in-office with minimal discomfort and no downtime. Most women experience noticeable improvements after just one to three sessions, with results continuing to improve over time. This treatment has helped countless women reclaim their intimate health and rediscover comfort and confidence in their relationships.

Taking the First Step

This September, as we recognize Menopause Awareness Month, consider taking control of your menopausal journey. Whether you're experiencing early perimenopause symptoms or are well into menopause, professional guidance can make a tremendous difference in your comfort and quality of life.

Scheduling a menopause or perimenopause consultation provides an opportunity to discuss your symptoms openly, explore treatment options like HRT, and learn about innovative solutions such as MonaLisa Touch for intimate health concerns. Remember, this natural life transition doesn't have to limit your vitality or happiness.

Call Dr. Vahora's office at 727-376-1536 or visit: [ParveenVahoraMD.com](https://www.ParveenVahoraMD.com).

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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.

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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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WHAT DOES A COMPLETE BLOOD COUNT (CBC) REVEAL ABOUT BLOOD CANCERS?

A CBC (complete blood count) is a common blood test that measures and evaluates the different types of cells in the blood. While it is often part of a routine health checkup, it is also one of the first tests commonly used to detect signs of many types of blood cancer.

A CBC is usually done at a lab or hospital. You may need to follow special instructions beforehand, such as stopping certain medications that can affect results. During the test, blood is drawn from a vein in your arm using a needle. The blood is collected in a labeled tube and sent to a lab, where a technologist uses specialized equipment to examine your blood cell counts.

The ABCs of CBCs

Think of a CBC like a quick snapshot of your blood—sometimes it can feel like reading an alphabet soup of medical abbreviations. Key parts of the test include:

- **White blood cells:** Part of the immune system that fights infections and other diseases
- **Red blood cells (RBCs):** Cells that carry oxygen throughout the body
- **Hemoglobin (Hb):** The specific protein in RBCs that carries oxygen
- **Hematocrit (Hct):** The percentage of blood made up of red blood cells
- **Platelets:** Fragments of cells that help with blood clotting

This “alphabet soup” gives doctors important clues about your overall blood health. A CBC can detect signs of anemia, infection, inflammation, potential bleeding problems, or certain blood disorders, and it can help track the effectiveness of treatments.

CBC Reference Chart

This reference chart shows the main components and typical normal ranges for a CBC test:

Component	Typical Normal Range	Function/Notes
White Blood Cells (WBCs)	4,200 - 10,000 cells per microliter	Fight infection and support immune function
Red Blood Cells (RBCs)	Females: 3.8 - 5.4 million cells per microliter Males: 4.3 - 6.3 million cells per microliter	Carry oxygen throughout the body
Hemoglobin (Hb)	Females: 12.0 - 16.0 grams per deciliter Males: 14.0 - 18.0 grams per deciliter	Protein in RBCs that carries oxygen
Hematocrit (Hct)	Females: 37% - 47% Males: 41% - 51%	Percentage of blood made up of red blood cells
Platelets	150,000 - 450,000 per microliter	Help with blood clotting to prevent bleeding



If your CBC results are outside the normal range, it doesn't automatically mean something serious. Sometimes the cause can be simple, but it may also point to certain health conditions.

While a CBC is an important first step in detecting possible blood cancers, it is not enough by itself to confirm a diagnosis. Abnormal results typically prompt further tests — such as a peripheral blood smear, bone marrow biopsy, imaging, or genetic testing. These are necessary to confirm the presence, type, and stage of cancer and guide steps for treatment. What are blood cancers?

Every three minutes, someone in the U.S. is diagnosed with blood cancer, which is an umbrella term that covers leukemia, lymphoma, and myeloma and other cancers that affect the blood and lymphatic system.

Although the specific causes remain largely unknown, scientists have learned that blood cancers develop when the DNA in immature blood cells becomes damaged or mutated. This triggers uncontrolled cell growth that crowds out healthy cells, leaving less room for normal blood production and weakening the immune system.

- Leukemia develops when the bone marrow makes large numbers of abnormal white blood cells that don't work properly and crowd out healthy blood cells. Unlike most cancers, leukemia doesn't form tumors.
- Lymphoma is a cancer of the lymphatic system, which helps remove excess fluid and produce immune cells. It begins when abnormal lymphocytes (a type of white blood cell) grow uncontrollably and build up in lymph nodes and other tissues.
- Myeloma affects plasma cells and disrupts normal antibody production, weakening the immune system and increasing infection risk.

Many blood cancers can start with vague or nonspecific symptoms such as fatigue, fever, night sweats, weight loss, or frequent infections. Because these symptoms are common to many less serious conditions, it can be difficult to recognize blood cancers early without blood tests or medical evaluation.

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

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

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

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

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

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

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

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

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

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

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



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

Correcting these imbalances/weaknesses changes the brain's functions and unwanted symptoms markedly reduce or go away. The corrections occur by having the person do a sensory/motor activity repetitively and

frequently, while being stimulated by vibration, electrical stimulation, specific sounds, specific smells and cold laser.

Our brains are divided into some 52 Brodmann areas, named after Dr. Brodmann, who mapped them out over 115 years ago. Each area controls certain brain functions and most of these areas connect to other Brodmann areas forming networks. The network on one side of the brain could be like a 6 lane highway but the corresponding network on the opposite side of the brain may be like a farm road. This imbalance between the hemispheres produces symptoms that we label as things like inattention, poor focus, impulsivity, anxiousness. If we do a specific sensory/motor activity (an activity that involves us seeing something, hearing something, or feeling something and then reacting to it) - for example like keeping time with our hand or foot to the sound of a cowbell. When it is coupled with sensory inputs of vibration, light, and electrical stimulation on one side of the body, it creates neuroplastic changes in the networks on the opposite side of the brain. Over time, as this sensory/motor activity is repeated the changes become "sticky", meaning they stick and are now permanent. This is how neuroplasticity in the brain works. Neuroplasticity is the creation of new pathways or expansion of existing pathways.

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

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

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



Hyperbaric Centers of Florida

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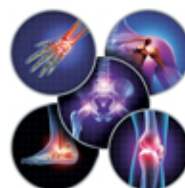
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Sunil J. Panchal, M.D.

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ArchWell Health Kicks-Off Nationwide "Pink Letter Project"

by ArchWell Health

ArchWell Health, a national healthcare company providing an advanced model of primary care for adults 60+, kicked off its third annual "Pink Letter Project" in July.

Dedicated to ArchWell Health members, and specifically to the more than 60 million 60+ aged women in the U.S., this critical and life-saving initiative encourages women to prioritize their breast health by scheduling their annual mammogram screening before National Breast Cancer Month in October.

Breast cancer is a significant health concern for women of all ages, and risks increase with age. When detected early, treatment outcomes are significantly improved. As of 2022, approximately 25% of women aged 50 to 74 in the U.S. are not up to date with mammograms, meaning they haven't had a screening within the past two years. Given this age group comprises approximately 60 million women (about twice the population of Texas), this suggests that approximately 15 million women in this demographic may not be receiving regular breast cancer screenings.

Barriers to screening include lack of health insurance, inadequate access to healthcare providers, and social determinants such as job loss, transportation issues, and social isolation. Further, many women wait to schedule their mammogram until October, National Breast Cancer Awareness Month, and often learn their screening center may be booked through year-end. This leads to many women delaying their screening or simply not scheduling a screen at all. The ArchWell Health "Pink Letter Project" promotes timely screenings with the goal of increasing early detection of breast cancer by encouraging members to schedule their mammogram early in advance of the October month frenzy.

ArchWell Health is at the forefront, addressing crucial scheduling and screening challenges. Increasing screening rates to reduce breast cancer mortality is critical in the company's focus on improving the lives of older adults through excellent primary care.



ArchWell Health Chief Medical Officer, Dr. Judith Ford stated, "Mammograms are essential and to be honest, the most easily available protocol for detecting breast cancer in its earliest, most treatable stages. I want to emphasize that scheduling mammograms in the summer can keep screens on track while avoiding year-end influxes that can prevent many women from getting their mammogram on time. Today marks our inaugural "Pink Letter Project Day" and kick-off of ArchWell Health's annual "Pink Letter Project." Through this important initiative, we are making it easier than ever for members, their friends, and family to schedule in advance of National Breast Cancer Month in October".

Through the "Pink Letter Project", ArchWell Health is sending personalized letters, distinguished by a touch of pink symbolizing breast cancer awareness, to members who are due or who may be overdue for their regular mammogram screenings. These letters provide clear and compassionate information on the importance of breast cancer screening; details on how to easily schedule a mammogram and where their closest screening centers are located; and answers to frequently asked questions. The letter also provides a ready to use, personalized "order form" for members to bring to each mammogram screening center.



Nationwide ArchWell Health Centers will also provide members with custom "Pink Letter Project" postmarked postcards that present an opportunity for them to create personalized notes that encourage their loved ones and friends to complete their regular mammogram screening prior to Breast Cancer Awareness Month. Nationwide centers will also host social and educational events starting July 15th through October 31st as part of the "Pink Letter Project".

To learn more about ArchWell Health visit <https://archwellhealth.com>.

To become a member at ArchWell Health, visit <https://archwellhealth.com/get-started-old/>.

About ArchWell Health

ArchWell Health™ is a national company devoted to improving the lives of older adults through excellent primary care. With longer appointment times, in-house lab testing, same-day scheduling and weekly social activities, ArchWell Health members experience how little things change everything. Each primary care center is conveniently located in neighborhoods with ease of access and provides an opportunity for adults 60+ to connect with a vibrant, caring community. ArchWell Health serves Medicare Advantage members 60+ in centers across Alabama, Arizona, Arkansas, Colorado, Florida, Kansas, Missouri, North Carolina, Nevada, Nebraska, and Oklahoma. For more information, please visit: archwellhealth.com.

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Emsella – Technology to Get YOU Back to YOU

BY DR. ROBERT LUPO, D.C.

Emsella for Men

The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum, and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation.

Men can suffer from incontinence associated with pelvic floor weakness. Many factors can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other prostate cancer treatments can contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

EMSELLA treatment sessions are quick and discreet. The sessions are only about 30 minutes long and allow you to remain fully clothed while you are seated in the BTL Emsella treatment chair. There is no downtime needed after Emsella sessions, normal activities can be resumed immediately after the appointment. Emsella for men is the perfect option for those suffering from any form of urinary incontinence looking to regain control of the pelvic muscle and bladder.

Emsella sessions are non-invasive and allow patients to remain fully clothed throughout the entire session. Emsella harnesses the power of focused electromagnetic technology to stimulate the entire male pelvic floor muscle. As a result, patients attain greater neuromuscular control over the pelvic muscle. Emsella also treats Erectile Dysfunction by increasing penile rigidity and hardness as well as increasing control over time until ejaculation. Emsella patients can also expect to experience enhanced orgasms because of their Emsella treatments.

A full treatment lasts six sessions, spread over three weeks with two sessions a week. Each visit can cost around \$250 and lasts about 28 minutes. They involve thousands of stimulated contractions and should only cause tingling and sensations of pelvic floor contraction. We recommend one session every 1-2 months after the initial 6-session protocol.

Emsella for Women

Many women do find they may experience incontinence or urinary leakage either during pregnancy or after childbirth. Urinary leakage during pregnancy is often caused by the weight of the baby pressing on the bladder which can put pressure on the pelvic floor muscles and can result in the symptoms of stress incontinence. Childbirth can also affect the pelvic floor muscles, especially with vaginal birth as this can put a strain on the pelvic floor and weaken the muscles. This can make it difficult to control your bladder. Half of the women can experience changes in continence following childbirth. Post-partum pelvic restoration doesn't happen overnight. Every OBGYN will tell you that Kegel exercises are necessary after childbirth to repair the damage childbirth causes to the pelvic floor. Emsella harnesses the power of high-intensity focused electromagnetic (HIFEM) technology, which stimulates the entire pelvic floor at once. A single session provides over 11,800 supramaximal pelvic floor contractions. Read that again. Over eleven thousand Kegels in less than 30 minutes.

Research has found that 95% of those treated reported significant improvement in their quality of life following six 28-minute treatments with Emsella. Most clients either no longer require the use of hygienic pads, or significantly reduced their use of pads in their day-to-day life. We recommend allowing at least 3 months before starting Emsella treatment following childbirth via C-Section and allowing 10 weeks post-natural birth. Emsella is a great prevention treatment for women who are considering starting a family. Having a strong pelvic floor is recommended to help withstand the extra weight and pressure of pregnancy. A stronger core is said to help with a faster delivery too.

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

Dr. Robert Lupo is the clinic director at the 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 in an auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness and balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women, Gainswave for erectile dysfunction and nutritional IV treatments.

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

Dr. Robert Lupo, D.C.

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

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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 blood-stream 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

REVOLUTIONIZING WELLNESS: INFINITY MEDICAL INSTITUTE'S COMPREHENSIVE APPROACH TO ANTI-AGING AND LONGEVITY

In the heart of The Villages, Florida, a beacon of medical innovation is transforming how we approach aging and personal health. Infinity Medical Institute has been at the forefront of regenerative medicine since its establishment in 2009, offering a holistic and personalized approach to wellness that goes far beyond traditional medical treatments.

Founded in Tampa and now bringing its cutting-edge services to The Villages, Infinity Medical Institute represents a paradigm shift in healthcare. The institute's philosophy is simple yet profound: it's not just about adding years to life, but adding life to years. This approach recognizes that aging is not something to be feared, but a process that can be optimized and embraced with the right medical support.

A Comprehensive Suite of Innovative Treatments

What sets Infinity Medical Institute apart is its comprehensive range of advanced therapies designed to address the multifaceted challenges of aging. The clinic offers a diverse array of treatments that target various aspects of health and wellness:

- **Bioidentical Hormone Therapy:** provides a natural approach to hormone balance, addressing common age-related symptoms like fatigue, mood fluctuations, and decreased libido.
- **Testosterone Replacement Therapy:** helps men restore vitality by supporting healthy testosterone levels, enhancing energy, muscle mass, and overall well-being.
- **Sexual Wellness Treatments:** offer targeted therapies to improve intimate health and quality of life.
- **Aesthetic Services:** Including Botox, Derma fillers, laser skin resurfacing, PRP, Body contouring, cellulite reduction.
- **Pulse Wave Therapy:** Improves circulation and activates stem cell regeneration correcting conditions like chronic pain, neuropathy and erectile dysfunction.
- **Platelet-Rich Plasma (PRP) Therapy:** harnesses the body's own growth factors to accelerate healing and tissue repair.

- **Stem Cell Therapy:** represents a groundbreaking regenerative approach to treating injuries and revitalizing aging tissues.
- **Peptide Therapy:** uses specialized treatments to stimulate natural bodily processes, including metabolism and immune function.
- **Weight Loss Programs:** offer comprehensive, sustainable solutions supported by medical expertise.

Patient-Centered Care: Beyond Treatment

Infinity Medical Institute stands out not just for its advanced treatments, but for its commitment to patient care. The clinic offers free consultations, allowing individuals to explore their health options without financial pressure. This approach reflects their belief in transparency and patient empowerment.

Located at 322 Heald Way in The Villages, the clinic operates Monday through Thursday from 8 AM to 4 PM, and Fridays from 8 AM to 1 PM. Each patient receives a customized treatment plan that recognizes their unique health needs and personal wellness goals.

The Science of Regenerative Medicine

The institute's approach is grounded in regenerative medicine – a field that focuses on natural, integrative therapies working in harmony with the body's inherent healing processes. Their experienced medical team is dedicated to delivering evidence-based care that optimizes health and longevity.

A Vision for Transformative Healthcare

Infinity Medical Institute represents more than just a medical clinic; it's a vision of healthcare that sees aging as an opportunity for growth, renewal, and continued vitality. By combining advanced medical technologies with a compassionate, individualized approach, they are redefining what it means to age gracefully and healthily.

For those seeking to take control of their health, optimize their wellness, and embrace a more vibrant future, Infinity Medical Institute in The Villages offers a beacon of hope and innovative medical care.



About Infinity Medical Institute

Pioneers in Integrative Medicine, Infinity Medical Institute is a company dedicated to benchmarking health in concert with breakthroughs in education through science. Understanding where individuals are in their "Life Cycle" as opposed to treating symptoms that are often an expression of a greater challenge they are experiencing with their bodies at the cellular level. A new approach in health and wellness based on recently made available research, allowing us to understand the differences in Biological Age as compared to Chronological Age.

Most of us fail to realize that our personal health is the result of the "aging process" complimented and/or penalized by the manner in which we take care of and/or misuse ourselves. Our consumption patterns combined with normal aging and physical activities directly affect our quality of life.

Our approach to wellness is based on meeting people where they are in their personal life and developing an individualized plan of action in and around nutrition, supplementation, and lifestyle.

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SCHEDULE YOUR
FREE CONSULTATION



TOP INDEPENDENT LIVING SERVICES TO LOOK FOR

So you're ready to look into independent living communities. Great. Now what? You may know the retirement lifestyle you want, but do you know what independent living amenities you should look for? Don't worry. You're in good company, and the following tips may help you find the perfect independent living community.

1. SAY GOODBYE TO YOUR TO-DO LIST

Let's not forget that this is about retirement, so your retirement community should be more than a place to live, and it should provide more than just the basic independent living amenities. Before we retired, we were tired adults. We lived our days toiling from one task to the next. We lived for others. Not anymore. We have finally arrived. The place we arrive to should feel like paradise. We should be pampered. Life should revolve around us. Look for maintenance-free communities where housekeeping is just the beginning.

2. PUT YOUR MONEY WHERE YOUR MOUTH IS

There's an old saying that basically goes "If your tummy is happy, you'll be happy." OK. You caught us. We made that up, but that doesn't mean it isn't true. It's important that the community you choose offers enough variety to satisfy your palette every day. Look for menus that change often, use seasonal and local ingredients and accommodate special dietary needs. How many dining venues are there? How's the food taste? Are there formal and casual options?

3. LIVE HOW YOU WANT

Even the best independent living amenities don't mean a thing if you don't like your housing choices. Senior living communities are often built around apartment homes. This maximizes the space for your amenities and activities. But not all apartment homes are created equal. Look beyond the square footage. Does the community offer multiple bedroom options? Can you choose a villa or a townhome? What about pets? Are yours welcome?

4. STAY HEALTHY

Staying active is a key element to aging well. A community's health and wellness program should be high on your list of senior living options. Look for a holistic approach that focuses on multiple aspects of your health and wellness: physical, mental, emotional, social, spiritual, intellectual, vocational and environmental. Ask about activities calendars, social groups, lifelong learning opportunities, preventive health and fitness classes.



5. KEEP YOUR MIND SHARP

Rocking chairs are fine, but so are art studios, workshops, classes, theater productions, woodworking shops, painting classes, tai chi, yoga and other activities designed to help us stay engaged. Not only are these (and other) hobbies fun, they're also good for your mind, body and spirit.

6. HAVE FUN

No matter what independent living services a community offers, don't forget to ask yourself, "Will I have fun living here?" Make friends with the activities director, explore resident interest groups, or create your own programs if they don't exist. It's your life. It's up to you to make the most of it. Have fun!

7. HANG OUT OUTSIDE YOUR COMFORT ZONE

For most of us, moving to an independent living community means downsizing. While an apartment home means less personal square footage, you're actually gaining acres of dining options, entertainment spaces, workshops, gathering rooms, fitness centers, walking trails and more. Take advantage of these common spaces. Not only will they make you feel like you're on a constant vacation, we guarantee you'll meet new friends.

8. NEVER STOP LEARNING

Retirement isn't an end. It's a beginning! Time belongs to you. Not your employer. Not your family. You decide what you're going to do every day. We suggest looking for opportunities to expand your horizons, to keep learning, and to share your knowledge and hobbies with others.

9. LET SOMEONE ELSE WORRY

You made it! You're officially retired. The last thing you want to think about is chore lists, maintenance tasks or other "have-to-dos." This is the time of your life to focus on "want-to-dos." Housekeeping is just the tip of the iceberg when it comes to living a maintenance-free lifestyle. Expect 24-hour security, transportation and maintenance.



10. ENJOY MOTHER NATURE

Vitamin D is magical. Enjoy a cup of coffee or glass of iced tea on a patio or balcony. Take advantage of an on-site walking trail. Spend time in a community garden. Watch the birds and the wildlife. Whatever it is you like to do outside, you'll find independent living amenities designed to draw you out for unique experiences.

LEARN MORE ABOUT THE BENEFITS OF MEMORY CARE AT FREEDOM VILLAGE OF BRADENTON

Choosing the right care for your loved one with dementia is a tough decision. If you are the spouse or partner of a senior whose health is declining, an adult child who is struggling to provide proper care for your parents, or a health care professional who cares for seniors, please call today for more information.



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

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
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how we can support
you or your loved one
727-771-5053

HOPE AND OPTIMISM

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, *"Can a person be filled with hope without being filled with optimism?"* According to the encyclopedia, optimism is *"to anticipate the best possible outcome."* Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!

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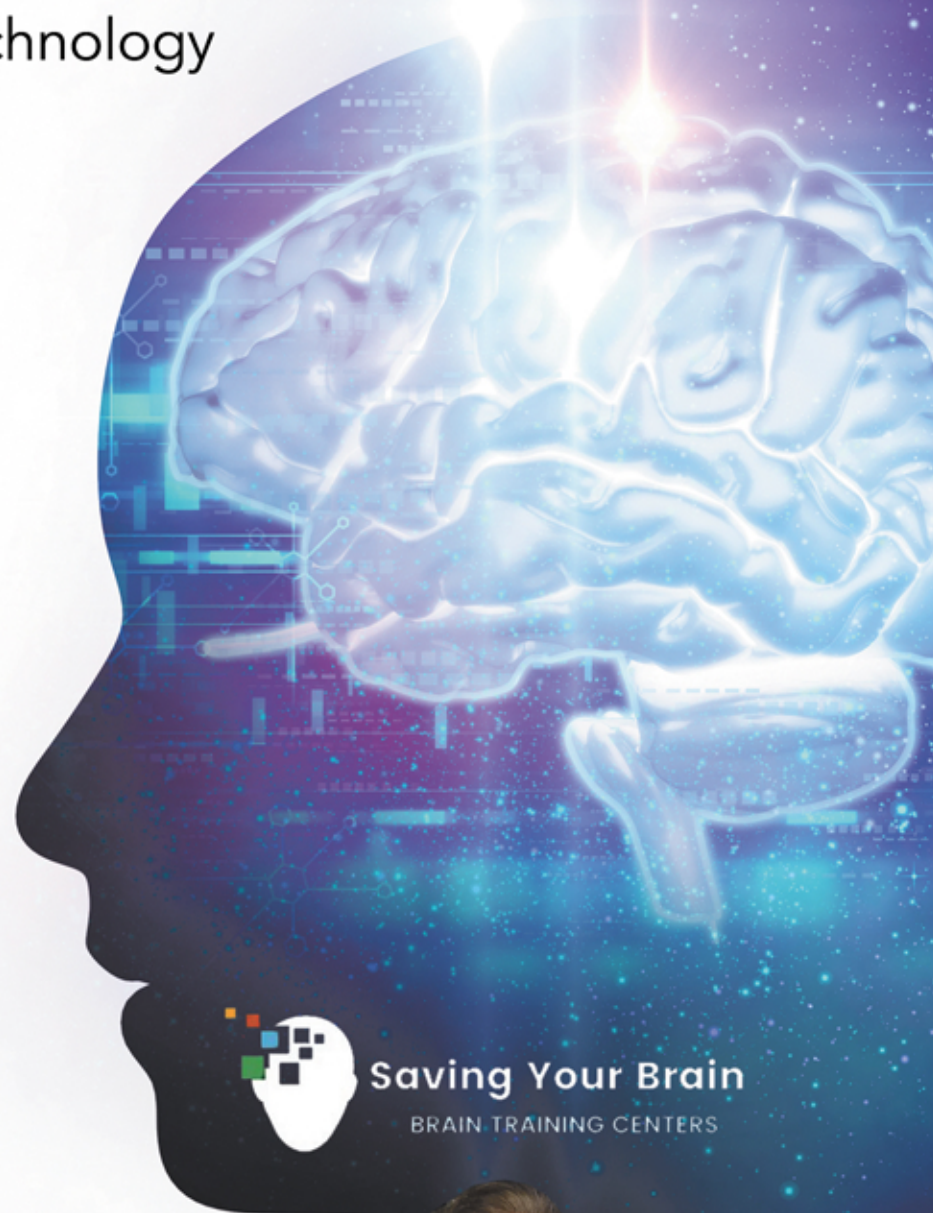
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