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October 2025

Tampa Bay Edition - Monthly

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CONTENTS OCTOBER 2025

- 6 Take Control of Your Health with BodyView Preventive MRI by Encore Imaging
- 7 Beyond the Bloat, Understanding Signs of Ovarian Cancer
- 8 Understanding Your Breast Cancer Risk: The Importance of Mammograms and Genetic Testing
- 9 Preventive Care: Take Action to Live Your Healthiest Life
- 10 Embrace Every Age with Intentional Well-being
- 12 How Nancy Went from Excruciating Neck Pain All Day, Everyday... to No Pain!
- 13 From Melanoma Survivor to Patent Holder: Local Inventor Develops Patented Skincare Applicator
- 14 Seniors Aging in Place
- 15 Help for Alzheimer's?
- 16 Hyperbaric Oxygen Therapy: Can it Boost the Immune System?
- 18 Spiritual Wellness: Hungry Heart

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Take Control of Your Health with BodyView Preventive MRI by Encore Imaging

In an era where healthcare costs continue to rise and medical conditions often go undetected until they become serious, preventive medicine has never been more crucial. Encore Imaging's BodyView Preventive MRI represents a revolutionary approach to health screening, offering comprehensive peace of mind in under 60 minutes through advanced, radiation-free technology.

Knowledge Is Your Greatest Health Asset

The old adage "knowledge is power" takes on profound meaning when applied to personal health. BodyView Full Body MRI empowers individuals to take charge of their wellbeing by providing detailed insights into their body's current state. This innovative screening technology transforms the traditional reactive approach to healthcare into a proactive strategy that can literally save lives.

For individuals with a family history of cancer or other hereditary conditions, the psychological burden of uncertainty can be overwhelming. BodyView MRI addresses this concern head-on, offering a simple yet comprehensive scan that can deliver worry-free results or identify potential issues while they're still manageable. The relief that comes from knowing your body is healthy – or the advantage of early detection – cannot be overstated.

Comprehensive Screening Without Compromise

What sets BodyView apart from traditional screening methods is its remarkable scope and safety profile. This radiation-free scan screens for cancer and over 500 different medical conditions across 13 vital organs, providing a full internal snapshot of your health in a single session.

The scan examines critical areas including the brain, thyroid, spine, lungs, liver, gallbladder, pancreas, spleen, kidneys, adrenal glands, bladder, and reproductive organs (ovaries, uterus, and prostate). This thorough approach means that potential health issues across multiple body systems can be identified simultaneously, eliminating the need for multiple separate screenings and reducing the overall time and cost associated with comprehensive health monitoring.



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The Power of Early Detection

Perhaps the most compelling aspect of BodyView Preventive MRI is its ability to reveal hidden conditions before they become symptomatic. Many serious health conditions, including various forms of cancer, develop silently over months or years. By the time symptoms appear, treatment options may be more limited and outcomes less favorable.

BodyView MRI changes this narrative by enabling early intervention. When conditions are detected in their initial stages, treatment is typically more effective, less invasive, and often less expensive. For health-conscious individuals who understand the value of prevention, this technology represents the ultimate proactive health tool.

Safety and Convenience Combined

Unlike traditional CT scans or other imaging methods that expose patients to ionizing radiation, BodyView MRI utilizes magnetic resonance technology that is completely radiation-free. This safety advantage makes it suitable for regular health monitoring without the cumulative radiation exposure concerns associated with other screening methods.

In less than an hour, patients receive a comprehensive health screening followed by a virtual consultation with a physician to review the results in detail, which would traditionally require multiple appointments,

various specialists, and extensive testing. This efficiency makes preventive screening accessible to busy professionals and anyone who values their time while prioritizing their health.

Investing in Your Future Self

BodyView Preventive MRI represents more than just a medical screening – it's an investment in your future health and quality of life. The peace of mind that comes from comprehensive health knowledge allows individuals to plan confidently, whether that means pursuing aggressive career goals, planning family expansion, or simply enjoying life without the nagging worry about undetected health issues.

For those ready to embrace truly preventive healthcare, Encore Imaging's BodyView MRI offers an unparalleled opportunity to gain comprehensive health insights quickly, safely, and conveniently. In the world of modern medicine, this level of preventive screening allows you to be in control of managing your health and your future.

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BEYOND THE BLOAT, UNDERSTANDING SIGNS OF OVARIAN CANCER

Women are often told that bloating is just part of life, linked to their cycles, stress or something they ate. But sometimes, persistent bloating is your body's way of signaling something more serious. Ovarian cancer signs and symptoms show up in ways that are easy to overlook or explain away.

Understanding the lesser-known signs of ovarian cancer and being aware of subtle changes in your body could make all the difference.

Unpacking the Bloat

Bloating can happen for many reasons, especially related to menstrual cycles and hormone shifts. Around ovulation and before your period, changing hormone levels can cause water retention and slowed digestion, leading to that uncomfortable, swollen feeling.

Certain foods like dairy, salty snacks or carbonated drinks can also trigger stomach bloating, especially if you're sensitive to them. Chewing gum can even cause you to feel bloated due to swallowing excess air, triggering gas buildup.

Digestive issues such as constipation, irritable bowel syndrome (IBS), gas buildup or eating too quickly can play a role as well. While these causes are usually harmless and short-lived, bloating that lingers or worsens over time may signal something more and should be checked out.

What Is Ovarian Cancer?

Ovarian cancer starts in the ovaries, the female reproductive organs that produce eggs and hormones like estrogen and progesterone, and develops when abnormal cells grow and multiply uncontrollably.

Epithelial ovarian cancer is the most common type of ovarian cancer. It starts in the thin tissue covering the ovaries and can also begin in the lining of the fallopian tubes or the abdominal cavity. Tumors can grow quietly and go undetected for some time.

A woman's lifetime risk of developing ovarian cancer is approximately 1 in 91. While the exact cause is unknown, age is a factor—as about half of all cases are diagnosed in women age 63 or older. A family history of ovarian, breast, or colorectal cancer can also increase your chances, especially if you carry inherited gene mutations like BRCA1 or BRCA2. Other risk factors include endometriosis, never having been pregnant and going through menopause later in life. That said, ovarian cancer can still happen to younger women and those without any known risk factors.



Why Symptoms Are Often Missed

Ovarian cancer doesn't always come with loud or obvious symptoms. Instead, it can creep in with subtle changes that are easy to dismiss.

Common warning signs include persistent pelvic or abdominal pain, feeling full quickly after eating, needing to urinate more often or urgently, or experiencing unusual fatigue or changes in bowel habits, like constipation. Unexplained abdominal swelling, especially when paired with weight loss, is another possible red flag.

Because these signs often mimic everyday issues, they're easy to overlook. As a result, most cases are diagnosed at an advanced stage, after the cancer has already spread. Any new symptoms that are persistent or worsening deserve attention.

Gynecologic Cancers Share Symptoms, So Know Them All

Ovarian cancer is just one of several gynecologic cancers that can affect women, and many of them share overlapping symptoms. Uterine cancer, cervical cancer, vaginal cancer and vulvar cancer can all cause subtle changes like unusual bleeding, pelvic pain or changes in discharge. Because these signs can seem like minor or routine health issues, they're often brushed aside.

However, early detection is key, since many gynecologic cancers have a better prognosis when they are caught early. Paying attention to symptoms and keeping up with regular checkups, including pelvic exams and Pap smears when recommended, can make a critical difference in your health journey.

Feeling Off? Here's Your Next Move

Listening to your body and knowing what's not normal for you can be your first step toward catching something early. If you're feeling like something isn't right, or you're facing a cancer diagnosis, don't wait to consult with your primary health care provider or Ob/Gyn. Early action can make all the difference.

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UNDERSTANDING YOUR BREAST CANCER RISK: THE IMPORTANCE OF MAMMOGRAMS AND GENETIC TESTING

By Parveen Vahora, M.D.

Breast cancer remains one of the most common cancers affecting women today, with approximately 1 in 8 women developing the disease during their lifetime. As a physician, I cannot emphasize enough the critical importance of understanding your personal risk factors and taking proactive steps toward early detection and prevention.

The Essential Role of Mammograms

defense against breast cancer. Current guidelines recommend that women begin annual mammograms at age 40, though some organizations suggest starting at 50. However, these are general recommendations that may not apply to everyone. Women with elevated risk factors may need to begin screening earlier and more frequently.

Mammograms can detect abnormalities up to two years before they can be felt during a physical examination. This early detection capability is crucial because breast cancer treatment is most effective when the disease is caught in its earliest stages. Studies consistently show that regular mammographic screening reduces breast cancer mortality by 20-40% in women aged 50-69, with significant benefits extending to younger women as well.

Family History: A Critical Risk Factor

Does cancer run in your family? This question is more important than many people realize. Family history plays a significant role in determining your breast cancer risk. If you have a first-degree relative (mother, sister, or daughter) who has had breast cancer, your risk approximately doubles. The risk increases further if multiple family members have been affected or if the cancer occurred at a young age.

It's important to consider both maternal and paternal family histories. Many people mistakenly believe that only their mother's side matters, but hereditary cancer syndromes can be inherited from either parent. Additionally, family history of ovarian cancer, pancreatic cancer, and certain other cancers may also increase your breast cancer risk.

The Power of Genetic Testing

Genetic testing has revolutionized our understanding of hereditary breast cancer risk. The most well-known genetic mutations are BRCA1 and BRCA2, which significantly increase the lifetime risk of developing breast and ovarian cancers. Women with BRCA1 mutations have approximately a 55-72% lifetime risk of breast cancer, while those with BRCA2 mutations face a 45-69% risk.

However, BRCA mutations are just part of the story. Advanced genetic testing panels can now evaluate dozens of genes associated with hereditary cancer syndromes. These include PALB2, CHEK2, ATM, and many others, each contributing differently to cancer risk.

Determining Your Personal Risk

If you have a family history of breast, ovarian, or related cancers, genetic counseling should be considered. A genetic counselor can help assess whether testing is appropriate for you and explain what the results might mean for your health management.

The decision to undergo genetic testing is deeply personal and should involve careful consideration of the potential benefits and limitations. Positive results can inform important medical decisions, including enhanced screening protocols, preventive medications, or even prophylactic surgery. However, genetic testing also has psychological implications and may affect insurance considerations.

Personalized Care and Treatment Options

As a physician, I pride myself on screening every patient thoroughly and offering comprehensive genetic testing through the MyRisk Myriad panel testing. This advanced testing provides detailed insights into your hereditary cancer risks, allowing us to create truly personalized prevention and screening strategies.

It's important to note that patients who have had breast cancer or who are at high risk may not be candidates for traditional estrogen therapy. However, this doesn't mean you have to suffer in silence. We offer many different personalized treatment options to address concerns like painful intimacy and vaginal dryness, including innovative treatments like the MonaLisa Touch laser therapy, which can significantly improve quality of life without hormonal risks.

Taking Action - Schedule Your Consultation Today

Understanding your risk is the first step toward taking control of your breast health. Whether through regular mammograms, genetic testing, or enhanced screening protocols based on your individual risk factors, early detection remains our most powerful tool in fighting breast cancer.

I offer virtual consultations to make accessing specialized care more convenient for you. Don't wait to address your concerns about breast cancer risk, genetic testing, or treatment options that fit your unique situation.

Contact our office today to schedule your consultation. Your proactive approach today could save your life tomorrow, and I'm here to guide you through every step of your personalized care journey.

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

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Preventive Care:

Take Action to Live Your Healthiest Life



By Nektarios Demetriou, DO, and Pamela Couture, APRN, Family Medicine at Millennium Physician Group

It's easy to wait until something feels wrong before seeing a doctor. But many severe health conditions like high blood pressure, diabetes, or certain cancers can develop quietly, without apparent symptoms. That's why preventive healthcare, also called prophylaxis, is so important.

Preventive care is all about taking proactive steps to protect your health. It includes routine screenings, vaccinations, and regular checkups with your healthcare team. These actions do more than reduce your risk of illness; they help catch problems early, manage your health risk factors, and support your overall health and well-being.

What Preventive Care Can Be For You

Your health is constantly changing, influenced by your age, lifestyle, and health history. Your healthcare team considers all these factors when recommending the right preventive care, at the right time, for you and your overall health, which can include:

- Annual wellness visits
- Blood tests and lab screenings
- Vaccinations
- Cancer screenings
- Eye and dental care

Why Preventive Care Matters

Your health is constantly changing, influenced by your age, lifestyle, and health history. Your care team considers:

- **Early Detection:** Many serious health problems show no symptoms until they are advanced. Routine screenings and checkups can identify conditions early, when treatment is most effective.
- **Longer Lifespan:** Detecting disease early—or possibly preventing it altogether—can extend your life by reducing complications and promoting healthier aging.
- **Better Quality of Life:** Preventive care goes beyond physical health, including mental health support, substance use counseling, and guidance for healthy lifestyle choices.
- **Reduced Healthcare Costs:** Investing in prevention now often saves money later by avoiding expensive hospitalizations, surgeries, and complex treatments.



- **Peace of Mind:** Routine screenings reassure you that your health is on track—or detect issues early so you can make confident, informed decisions about your health.

Preventive Care at Every Stage

Your health needs change as you move through life, and preventive care is designed to meet you where you are.

For children and teens, preventive care focuses on their growth and development during these formative years. Regular pediatric visits ensure vaccines are up to date, monitor physical and emotional development, and set the foundation for healthy habits that last into adulthood.

When you reach adulthood, preventive care is essential for maintaining your health through routine screenings that monitor your blood pressure, cholesterol, and blood sugar levels. Additionally, based on your personal and family health history, your primary care team will recommend annual screenings for cancers and certain chronic conditions.

As we enter our golden years, senior care focuses on managing chronic conditions, evaluating memory, mobility, hearing, and vision, and creating a custom plan that helps you maintain your independence for as long as possible. This often includes screenings for osteoporosis, cardiovascular disease, and dementia.

Keeping Your Preventive Care on Track

Maintaining your health and wellbeing does not have to be overwhelming. Simple strategies can help you stay on track:

- **Schedule Appointments:** Book your appointment at the same time each year. As you leave, always schedule your next appointment as recommended by your care team.
- **Set Reminders:** Use your phone or calendar app to remind yourself of upcoming checkups, screenings, and vaccinations.
- **Keep Personal Health Records:** Track your lab results, vaccination history, medications, and any chronic conditions. This makes it easier to share information with any new health providers and monitor changes over time.
- **Know Your Care Plan:** Preventive care is personalized. Consult with your healthcare provider to determine which screenings are most appropriate based on your age, gender, family history, and lifestyle.
- **Ask Questions and Stay Informed:** Your healthcare team is there to guide you. Don't hesitate to ask about why a test is recommended, how often you need it, and what the results mean. Being proactive in your knowledge helps you stay on top of your health.

Your Health Comes First at Millennium Physician Group

Preventive care is not about adding appointments; it's an investment in your future. At Millennium Physician Group, our team-based approach combines the expertise of our medical providers with compassionate, personalized care. Every visit with us is focused on your preventive care—an opportunity to optimize your health, address risks early, and keep you moving forward. It's how we connect you to a healthier life.

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Embrace Every Age with Intentional Well-being

by ArchWell Health

Aging isn't a decline—it's a journey rich with wisdom, gratitude, and growth. At ArchWell Health, we believe caring changes everything—especially for adults age 60 and up. With doctors that truly listen, trusted resources, and a focus on preventive care and wellness, healthy aging can be a very fulfilling and joyful experience.

Listen to your body: what's normal and when to ask for help

As the years go by, our bodies change—and that's totally natural. You might notice more stiffness, aches, or sleep that just doesn't feel as restful (even if you're sleeping eight hours). Hydration is key—fresh water remains one of the simplest ways to support your health. Gentle walking and easy stretching can ease aches and keep muscles and joints moving smoothly.

But listen closely: some signs are worth checking in on. If your fatigue persists, a rash won't clear, you're losing weight without trying, or you're more dizzy or forgetful than usual—those are good times to call your doctor.

The power of nourishing nutrition

Healthy eating isn't just about calories—it's medicine for the body and mind. As we age, certain nutrients become especially important:

- **Vitamin D & Calcium** keep bones strong. Getting enough helps protect against fractures and bone loss.
- **Vitamin B-6 and B-12** support metabolism, mood, and nerve health. B-12 in particular can become harder to absorb with age, so watch your intake.
- **Protein and Fiber** are crucial too: protein supports strength and independence, while fiber promotes healthy digestion and heart support.

Many older adults also face nutrition challenges like reduced appetite, swallowing obstacles, or difficulty accessing cooking resources. ArchWell Health offers budget-friendly tips and meal-planning resources to help turn ingredients into healthy, easy meals—no stress.

Stay steady—balance and fall prevention matter

Falls are a top health risk for older adults, affecting nearly one in three people over age 65 each year. Simple exercises like leg lifts or slow “tape-line” walking can improve your balance with just a few sessions a week. Making your home safer—like installing night lights or securing rugs—can also help prevent slips and falls.

Circle of support: the importance of connection

Healthy aging isn't just physical. Staying socially active boosts your mood, protects your heart, and sharpens your mind. ArchWell Health community centers offer everything from chair yoga and Tai Chi to crafts, club meetings, and lively events.

Friendships have real power, too. Whether it's healthcare professionals who feel like friends, joyful family members, activity partners, or fellow hobbyists—each one enriches your life.

Plan and prevent: annual screenings for peace of mind

Prevention is powerful. Regular health screenings help catch issues early and support long-term well-being. ArchWell Health recommends these essential checks for older adults:

- Blood pressure and cholesterol
- Colorectal cancer (via stool test or colonoscopy)
- Cognitive assessments for memory and thinking
- Depression screenings and mental health support
- Diabetes tests (A1C or fasting glucose)
- Vision and hearing exams
- Fall-risk evaluations
- Heart checks (like ECG or echo)
- Lung cancer screenings (if you smoke or recently quit)
- Mammograms for women (or men with risk factors)

Keeping up with these helps you and your care team stay ahead—and secure your best health.



Care that sees you as you are

ArchWell Health's whole-patient approach blends extended time with caring providers, coordinated care teams, nutrition guidance, social engagement, and caregiver tools all tailored for the aging adult. Whether you're turning 60, adapting to new rhythms, or simply seeking more joy and support—you deserve a care model that values you.

A year of healthy aging: monthly wellness anchors

Aging well is about steady progress—something like ArchWell Health's wellness calendars, which offer month-by-month inspiration to keep moving, connecting, protecting, and celebrating all year long. From vaccines to safety checks to mental-health reminders, these guides help you build healthy habits one month at a time.

Putting it all together

Healthy aging is about more than just years—it's about building strength, connection, purpose, and resilience. By listening to your body, nourishing yourself thoughtfully, staying active and connected, and practicing preventive care, you can make these years your best yet.

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

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

Radiofrequency Denervation

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

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

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

A Patients Perspective

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

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



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

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

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

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

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



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

care needs. The President and Founder, **Sunil Panchal, MD**, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013).

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

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

The National Institute of Spine & Pain

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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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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

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.

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

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



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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.

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HUNGRY HEART

By Alex Anderson

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.



You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1 Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

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

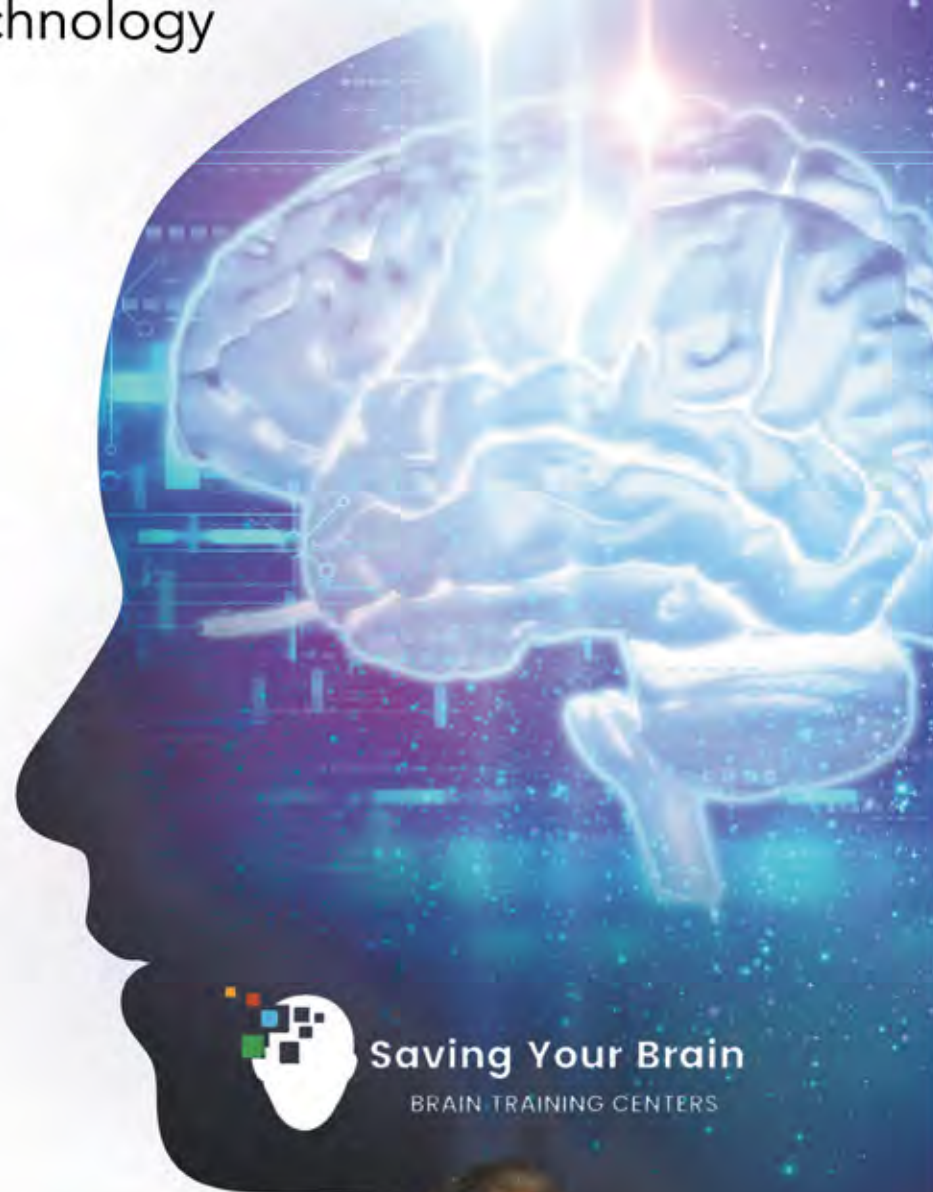
Saving Your Brain

Kelly Miller, NMD

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(813) 629-3287

www.savingyourbrain.com



Saving Your Brain
BRAIN TRAINING CENTERS



Don't wait for Symptoms.

The most dangerous conditions hide in silence. A BodyView MRI gives you the clarity to act early – or breathe easy.

- Brain
- Spine
- Thyroid
- Lung
- Liver
- Gallbladder
- Pancreas
- Spleen
- Kidney
- Adrenal Glands
- Bladder
- Ovaries
- Uterus
- Prostate

**ALL OF THIS IN
UNDER 1 HOUR**

**Schedule your
BodyView Today.**

TAMPA

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Tampa, FL 33609

813.644.3943
encoremri.com

ENCORE
IMAGING

BodyView
PREVENTIVE MRI

Prevention Starts Here

Detect cancer long before symptoms appear with BodyView MRI

BodyView Full Body MRI detects cancer and 500+ conditions across 13 organs – spotting abnormalities as small as 5mm. Early detection improves outcomes, giving you power over your health, longevity and peace of mind. Proactive screening today can change your life tomorrow.

BodyView MRI

- Zero Radiation
- 13 Organs + Brain in under 60 Mins
- Early Detection of Cancer & Aneurysm
- IDs Tumors & Cysts as small as 5mm
- Consultation w/MD to review Results
- Peace of Mind