

TAMPA BAY'S

# Health & Wellness<sup>®</sup> MAGAZINE

November 2025

Tampa Bay Edition - Monthly

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**Sugar, Energy,  
and Cancer**

**SEPARATING FACT  
FROM MYTH**

**Understanding  
COPD in Seniors**

**Symptoms, Treatment, and  
Lifestyle Management**

**WHAT TO  
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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.



## 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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# What to Know About RSV

By Ryan L. Baker, MD, FAAFP, and Tia Schlachter, PA, Family Medicine at Millennium Physician Group

**W**hen cold and flu season arrives, another common virus often joins the mix, and it can be more serious than many realize. Respiratory syncytial virus, or RSV, affects the lungs and respiratory tract and is so widespread that nearly every child will have been infected by the age of two. But RSV doesn't just affect babies – adults and older children can get it, too.

For most, symptoms resemble a common cold, but for infants, older adults, and those with underlying conditions, RSV can lead to more severe illness requiring hospitalization. Understanding how RSV spreads, who's at risk, and when to seek care can help protect yourself and your loved ones this RSV season.

## What is RSV?

RSV is a respiratory virus that infects the nose, throat, and lungs. It's highly contagious and spreads through droplets when an infected person coughs or sneezes, through direct contact, or by touching contaminated surfaces like doorknobs, toys, or countertops. The virus can survive for hours on hard surfaces, making it easy to pass from one person to another, especially in shared environments such as daycares, schools, or workplaces.

In most healthy adults and older children, RSV causes only mild, cold-like illness that typically clears on its own. However, in premature infants, older adults, and those with heart, lung, or immune system conditions, the virus can lead to more severe infections, such as bronchiolitis or pneumonia.

## Recognizing RSV Symptoms

RSV symptoms often start mild and appear gradually rather than all at once. In adults and older children, common signs include:

- Congested or runny nose
- Dry cough
- Fatigue
- Headache
- Low-grade fever
- Sneezing
- Sore throat

In severe cases, RSV may spread to the lungs, causing more severe symptoms like:

- Wheezing or noisy breathing
- Rapid or labored breathing
- Persistent high fever
- Bluish or grayish lips or fingernails

Infants are particularly vulnerable because their immune systems are still developing and their smaller airways can become inflamed more easily.



Parents and caregivers should watch for warning signs such as:

- Fast, shallow, or labored breathing
- Chest muscles pulling inward with each breath
- Pauses in breathing
- Difficulty feeding or poor appetite
- Lethargy or unusual irritability

Seek immediate medical care if your child has trouble breathing, a high fever, or a bluish color around the lips or nail beds.

## Possible RSV Complications

For some patients, RSV can lead to complications that require medical intervention, including:

- **Hospitalization:** Severe RSV can require a few days in the hospital for oxygen support or intravenous (IV) fluids if the patient cannot stay hydrated.
- **Bronchiolitis and Pneumonia:** RSV is the most common cause of these serious lung infections in infants.
- **Ear Infections:** The virus can sometimes spread to the middle ear, particularly in young children.
- **Asthma:** Some studies suggest a link between severe RSV infection early in life and a higher risk of developing asthma.

It is possible for RSV infections to recur, even within the same RSV season, although they are typically milder than the initial infection.

## You Can Help Prevent RSV

We can all take practical steps to help prevent the spread of RSV:

- Wash hands often
- Cover coughs and sneezes
- Keep surfaces clean
- Avoid sharing cups or utensils
- Stop smoking or limit exposure to secondhand smoke
- Stay home when sick

## RSV vs. the Common Cold

At first, RSV can look a lot like a regular cold. The difference lies in how long and how severe those symptoms become. While a typical cold clears up in about a week, RSV can linger for two weeks or longer.

RSV symptoms also tend to be more intense, often involving wheezing or fevers around 100 to 102 degrees Fahrenheit or higher. Because RSV can cause inflammation deep in the lungs, complications such as bronchiolitis or pneumonia can occur in higher-risk patients, especially infants and older adults.

For most healthy adults, supportive care such as rest, fluids, and over-the-counter fever reducers is enough. But if symptoms worsen, if a fever reaches 102 degrees or higher, breathing becomes difficult, or if your child is under 12 months old, it's time to contact your healthcare provider.

## Count on Millennium Physician Group

If you're concerned about RSV or any respiratory symptoms, Millennium Physician Group is here to help. Our comprehensive care team can evaluate your symptoms and coordinate care when more specialized treatment is needed. Same-day and telehealth appointments are available, so you can get the care you need without delay. We're dedicated to helping you breathe easier and stay well all year round.

**Attention Medicare-Eligible Patients:** Medicare's Open Enrollment Period runs from October 15 through December 7. This is the time each year to review your coverage and make any changes to your Medicare Advantage or Part D prescription drug plan. You can learn more at [www.medicare.gov](http://www.medicare.gov) or by calling 1-800-MEDICARE.



Ryan L. Baker, MD, FAAFP



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# Understanding COPD in Seniors: Symptoms, Treatment, and Lifestyle Management

by Karina Bailey, FNP-C, Nurse Practitioner - ArchWell Health

**C**OPD, the term used to refer to chronic obstructive pulmonary disease, is a lung disease that makes it difficult or uncomfortable to breathe. Over ten percent of adults 65+ are living with COPD.

It is common for seniors with COPD to need hospitalization. In fact, the disease is one of the leading causes of hospitalization for older adults and roughly twenty percent of all hospitalizations of individuals over the age of 65 in the U.S. are for COPD and its symptoms.

The main cause of COPD is tobacco smoke, but frequent exposure to air pollution and an individual's family history can impact the risk of developing COPD.

## SYMPTOMS

Symptoms of COPD can be confused with general sickness and older adults can think these signs are typical of the aging process. Many times, people with COPD will have "flare-ups" or weeks where their symptoms are more frequent. These symptoms are often worse in the winter months.

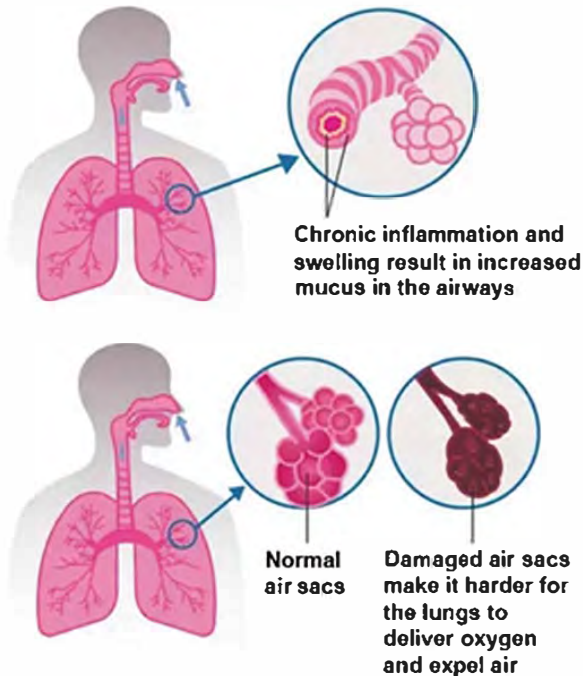
**Frequent fatigue or shortness of breath:** What you think may be tiredness and shortness of breath due to lack of exercise or normal aging could be COPD. Seniors with COPD will also often get fatigued while coughing or after coughing.

**Chronic cough and coughing up mucus:** COPD can first show up in seniors as a cough that won't go away. Wheezing can also be present with cough. COPD also produces excess sputum (mucus or phlegm) This sputum can be worse in the mornings. **Chest tightness:** Seniors with COPD may complain that it feels painful to breathe or it is hard to take a deep breath.

**Loss of appetite:** Difficulty breathing can commonly cause lack of interest in eating. Some seniors with COPD may also feel like food does not taste as good as it used to. Both can lead to weight loss.

## TREATMENT AND MANAGEMENT

While there is no cure for COPD, treatments can help slow the progression of the disease. Individuals with COPD must work with their healthcare provider to



discuss the best plan of action for their health. Below are a few ways seniors can manage the disease to live a healthier and happier life.

**Quit Smoking:** Quitting smoking will make the biggest difference in managing and slowing the progression of COPD in seniors. This is the most important step for seniors with COPD to take.

**Stay up to date on vaccinations:** Lung infections and viruses can cause serious issues for adults with COPD. That's why seniors with COPD need to receive the flu, COVID-19 and pneumonia vaccines. **Medicine and oxygen:** Medication can help coughing and wheezing and portable oxygen tanks may be necessary if blood oxygen levels are low. Your primary care doctor will determine which medication is best for you.

**Pulmonary Rehabilitation:** A doctor may suggest a pulmonary rehabilitation program that combines exercise, nutrition support, and other disease management techniques to improve lung function and risk of hospitalization.

**Avoiding triggers:** Older adults with COPD should do their best to avoid situations that could trigger symptoms like coughing. These include staying inside on bad air quality days, avoiding perfumes,

allergens, deodorants and cleaning supplies that may trigger your COPD, and staying away from all forms of smoke.

If you are a senior living with COPD, ArchWell Health providers can help you navigate the questions that come with your diagnosis. Our team of social workers may also suggest you find a Better Breathers support group sponsored by the American Lung Association. Better Breathers clubs were set up to help older adults struggling with the day-to-day changes of living with COPD. These meetings allow seniors with COPD to build community and learn ways to manage their disease.

*Disclaimer: The article provides information designed to complement your personal health management. It does not provide medical advice and not meant to replace professional medical advice. Linking to other websites does not imply any endorsement of the material on such websites.*



## ABOUT THE AUTHOR

**Karina Bailey, FNP-C, Nurse Practitioner**  
Karina Bailey, a Certified Family Nurse Practitioner (FNP-C), grew up in Orlando, Florida and now she's putting her skills to use by providing quality care for seniors. "I believe the geriatric population deserves providers who promote exceptional healthcare," she says. "I chose ArchWell Health because of the care model it provides to a population and community that is in need of comprehensive care." Married with three children, Karina still finds time to enjoy Pilates, traveling, and decorating.

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# SUGAR, ENERGY, AND CANCER: SEPARATING FACT FROM MYTH

**M**any people, and especially those diagnosed with cancer, preemptively eliminate sugar from their diets, because of the widely held belief that “sugar feeds cancer” or “cancer loves sugar.”

The hope is that by not eating sugar, they can stop cancer from growing and spreading. The truth is more complicated. There is no evidence that dietary sugar directly fuels cancer growth or that eliminating sugar can slow cancer growth.

Every cell in the body uses sugar (glucose) as fuel. Even in the absence of a dietary source, our bodies make glucose from other molecules through the process of gluconeogenesis.

Cancer cells process energy differently from healthy cells and do so less efficiently. Cancer cells use much more sugar to generate energy because they grow and divide much faster than normal cells.

## Why carbohydrates matter

Nutrition provides essential support, but it cannot target cancer cells. Yet that idea can lead some people to avoid all foods that contain carbohydrates, including some proven cancer-fighting foods, such as fruits, vegetables, whole grains, and legumes.

Preventing muscle loss is the top nutrition-related priority for those being treated for cancer. There is ample evidence that people who maintain muscle mass during treatment have fewer treatment delays and better quality of life during therapy. If someone is having trouble getting enough basic nutrition, adding unnecessary diet rules only makes it harder.

For people without major health issues and for those who have completed cancer treatment, the American Institute for Cancer Research (AICR) recommends a plant-based diet and reducing sugary drinks and foods with added sugar.

In fact, a plant-based diet is generally highly recommended for overall health. Limiting sugar intake can help maintain a healthy weight, which may reduce the risk of several types of cancer.

Excess body weight raises the risk of at least 12 types of cancer, including breast, prostate, colorectal, kidney, liver, pancreatic, uterine, and ovarian cancers. There is also an increased risk of certain cancers for people with Type 2 diabetes, though it's unclear if this is a direct link or because diabetes and cancer share risk factors, such as obesity.

All carbohydrates eventually break down to glucose, but not all carbohydrates are created equal.

When we eat carbohydrates, our GI tract breaks them down to monosaccharides (the simplest form of sugar, which cannot be broken down further). Glucose is the main monosaccharide. When glucose enters the bloodstream, our bodies respond by releasing insulin, which allows the glucose into the cell to use as energy.

## Common themes for healthy lifestyle recommendations include the following:

- Eat more plant foods.
- When you choose animal products, go with leaner and lower fat choices.
- Avoid highly processed foods.
- Avoid foods and drinks with added sugar.
- Limit or avoid alcohol.
- Be physically active.

## The New American Plate



The New American Plate is a visual representation of the diet recommendations from the American Institute for Cancer Research.

Simple carbohydrates, including added sugar and refined grains, convert quickly to glucose, which leads to a surge of insulin. This, in turn, can cause blood sugar to fall rapidly. When we eat more complex carbohydrates, such as those that include fiber, it takes longer to break down to glucose. This results in a slower release of glucose and insulin into the blood. Complex carbs keep us feeling full longer, which can help prevent overeating.

## Moderation & Balance

When we look at recommendations for heart health, diabetes prevention and management, and cancer prevention and survivorship, a common theme emerges. They all emphasize the importance of eating more complex carbohydrates (whole grains, legumes, vegetables, and fruit) and fewer simple carbohydrates.

This consensus is great news.

Just remember that limiting sugar, including honey and maple syrup, is a great habit for long-term health. Overall patterns are more important than isolated occasions. The occasional treat will not negate the benefits of a healthy lifestyle.

The relationship between sugar and cancer is a topic riddled with misinformation and one that provokes anxiety for us all, especially for cancer patients and their loved ones. As is often the case, the key is moderation and balance.

During the holiday season, sugar often takes center stage—not just in desserts and festive treats but also in everyday meals and drinks. While indulgence is part of the celebration, overconsumption of sugar can affect energy levels, mood, and long-term health, making it a top-of-mind consideration for many. Being aware of sugar intake and finding balance—such as enjoying treats mindfully or choosing lower-sugar alternatives—can help you celebrate the season without compromising overall well-being.

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# RESTORE YOUR HAIR'S NATURAL FULLNESS WITH PRP THERAPY

By Parveen Vahora, M.D.

**T**hinning hair can affect confidence and self-image for both women and men. At our practice, Dr. Parveen S. Vahora is now offering an innovative solution that harnesses your body's natural healing power: Platelet-Rich Plasma (PRP) therapy for hair restoration.

## What is PRP for Hair Loss?

PRP therapy is a cutting-edge, non-surgical treatment that uses concentrated platelets from your own blood to stimulate hair follicles and promote natural hair growth. The platelets contain growth factors that awaken dormant hair follicles, improve hair thickness, and enhance overall scalp health. This safe, minimally invasive procedure has helped countless patients achieve fuller, healthier-looking hair without the need for medications or surgical interventions.

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We follow a proven treatment schedule designed to optimize your results. The standard protocol begins with monthly sessions for three consecutive months, allowing us to jumpstart your hair follicles' regeneration process. After this initial phase, maintenance treatments are recommended every six months to sustain your improvements and continue supporting healthy hair growth.

This structured approach ensures that your hair follicles receive consistent stimulation during the critical growth phase, while maintenance sessions help preserve your results long-term.

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Understanding that comfort is paramount during any medical procedure, we've incorporated Pronox into every PRP session. This patient-controlled analgesia system combines nitrous oxide and oxygen to help alleviate discomfort and anxiety during treatment. You'll remain fully conscious and in control while experiencing significantly reduced pain, making your PRP therapy session as pleasant as possible.

## Why Choose Our Practice?

Dr. Parveen S. Vahora brings expertise and a patient-centered approach to every PRP treatment. Our comprehensive protocol doesn't just focus on administering the therapy—we create an entire



experience designed around your comfort and results. From pain management with Pronox to the added benefit of Emsella treatments, we've thoughtfully designed each aspect of your visit.

## Take the First Step Toward Fuller Hair

If you're experiencing thinning hair or hair loss, PRP therapy may be the natural solution you've been seeking. Both women and men can benefit from this regenerative treatment that works with your body's own healing mechanisms.

Don't let thinning hair diminish your confidence any longer. Contact our office today to schedule a consultation with Dr. Vahora and learn how our enhanced PRP protocol can help you achieve the fuller, healthier hair you deserve. Your journey to hair restoration begins with a single appointment.

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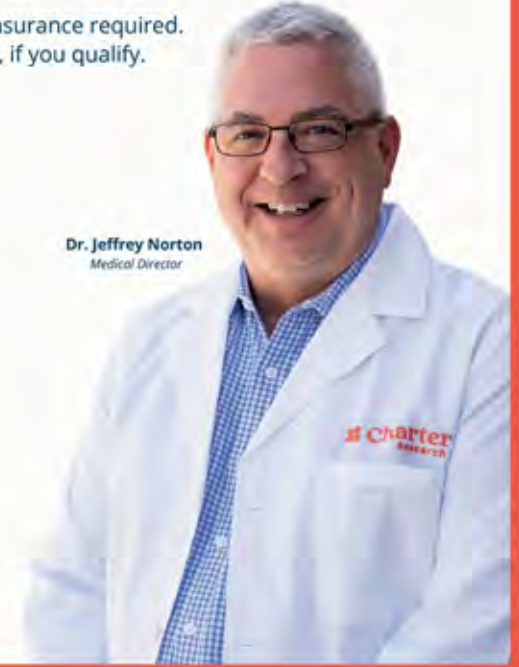
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# Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?

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

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

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

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

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

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:**

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- 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:**

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- Cosmetic Surgery
- Infections
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- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
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Dr. Sunil Panchal

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

### Relieved in One Day!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**W**hen 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](http://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

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

## OUR PROMISE

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

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### 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.

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# ADHD vs PTSD: Signs, Causes and Treatment

By Elizabeth Dosoretz, LCSW

**A**DHD and PTSD may seem like completely different conditions, but their symptoms often overlap in ways that can make telling them apart difficult. Trouble focusing, impulsivity, and emotional ups and downs can show up in both, leading to confusion or even misdiagnosis.

It is not uncommon for someone to experience both at once. Studies show that anywhere from 12% to 37% of people with one of these conditions may also have the other. Understanding how they intersect isn't just helpful but essential for getting the right diagnosis and finding real, lasting relief.

## What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that begins in childhood and often continues into adulthood. It involves patterns of inattention, hyperactivity, and impulsivity that can affect school, work, relationships, and self-esteem.

There are three types: inattentive, hyperactive, and combined. Inattentive ADHD makes it hard to focus or stay on task, while hyperactive ADHD involves high energy and impulsive behaviors. Combined includes both.

For children, symptoms usually appear before age 12. They might struggle to sit still, complete assignments, or follow directions. Over time, the hyperactivity may ease, but challenges with focus and organization often remain. Consistency, structure, physical activity, and clear routines help children thrive. Medication and behavior therapy can also make a meaningful difference when used together under professional guidance.

For adults, ADHD can look different: being easily distracted, struggling to manage time or juggling too many responsibilities without follow-through. Many adults weren't diagnosed as children and only realize what's going on once life becomes more demanding. This is particularly true for women, who may present with anxiety, depression or emotional overload instead of classic hyperactivity. Hormonal shifts—during puberty, pregnancy, or menopause—can make symptoms even more noticeable.



Left untreated, ADHD can contribute to frustration, low self-esteem and difficulty meeting goals. Recognizing it early and creating supportive systems can dramatically improve long-term well-being.

## What is PTSD?

Post-Traumatic Stress Disorder (PTSD) develops after experiencing or witnessing a traumatic event. It's not just about feeling shaken or stressed; it's when the brain continues to react as though the danger is still happening, even long after the event is over.

This can include nightmares, flashbacks, or being constantly on alert. It can impact sleep, focus, relationships, and daily functioning. Some people may avoid reminders of the trauma, while others experience sudden emotional outbursts or feelings of detachment. Over time, untreated PTSD can also lead to depression, anxiety, or physical health challenges like fatigue or chronic pain.

Over time, untreated PTSD can also lead to depression or anxiety. But with the right care, healing is possible.

## Understanding the Connection

When ADHD and PTSD overlap, symptoms like restlessness, distractibility, and emotional dysregulation can intensify. For some, untreated ADHD can make it harder to cope with trauma; for others, trauma can trigger ADHD-like behaviors as the brain struggles to manage hyperarousal or anxiety.

Both conditions can also interfere with memory, focus, and emotional regulation, creating a cycle of frustration that can be difficult to break without help. This is one reason why it's so important to work with a clinician who can help identify what's trauma-related and what's neurodevelopmental.

## Treatment and Healing

Both ADHD and PTSD benefit from individualized, evidence-based treatment. Skills learned during these therapies, such as mindfulness, emotional awareness and structured problem-solving, can also help individuals with PTSD manage triggers and regulate intense emotions.

Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) are highly effective for ADHD, helping people understand their emotions, improve focus, and develop healthy coping tools.

For PTSD, trauma-specific therapies like CBT or Eye Movement Desensitization and Reprocessing (EMDR) can help the brain safely process traumatic memories. EMDR, guided by a certified therapist, uses eye movements or bilateral stimulation to help reduce the emotional impact of memories and alleviate associated symptoms. An evidence-based therapy, EMDR has been supported by scientific research and numerous studies have shown its effectiveness in treating trauma and other mental health conditions.

With the right combination of therapy, medication and lifestyle support, it's possible to manage your symptoms of both ADHD and PTSD and improve your quality of life.

Remember, you're not alone. Recovery is within reach.

## About the Author

*Elizabeth Dosoretz, LCSW, is the founder and CEO of Elite DNA Behavioral Health. As a mother of three, her personal journey through the challenges of postpartum depression inspired her to found Elite DNA Behavioral Health in 2013 with a goal to provide accessible, affordable mental health care to everyone. Now one of the largest mental health providers, Elite DNA provides in-person and virtual behavioral health services from nearly 40 locations across Florida and Virginia. For more information, visit EliteDNA.com.*



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# PALLIATIVE CARE AND HOSPICE: WHAT IS THE DIFFERENCE? WHY AREN'T THEY A 'DEATH SENTENCE'?

By RICK WEBER

**P**alliative care and hospice are not exactly the same and are not a "death sentence," but rather a way of establishing hope and comfort in a difficult time—whether or not it is the last phases of a disease process.

"The 'death sentence' myth is one I have spent much of my career working alongside others to dispel," says Julie Furrow, PhD, APRN, FNP-BC, CNE, ACHPN, an assistant professor in the Marieb College of Health & Human Services' School of Nursing at Florida Gulf Coast University.

"I am passionate about this because those who buy into the myth are at risk for declining services that may be extremely beneficial to them. One of the hardest truths to face in life is that no matter how far medical science and technology have come, there eventually comes a time when medicine can no longer prevent the end of life. In fact, technology and life-prolonging measures can cause discomfort that some patients prefer to avoid. Many illnesses ultimately lead to death, while some people reach that point simply through the natural aging process. One way or another, death is an inevitable part of the human experience."

Palliative care and hospice exist to support people as they face serious illness and, ultimately, the end of life.

Palliative care is a broader service that can start much earlier in a disease process as compared to hospice. Palliative care exists not only for alleviation of pain and symptoms, but also to begin conversations with patients with serious or potentially life-threatening illnesses. Palliative care providers spend time discussing disease trajectories, exploring treatment options and exploring the meaning of these things to the patient experiencing them.

"There is no such thing as a 'one-size-fits-all' approach to healthcare, especially when a serious illness is involved," Furrow says. "It is a privilege to meet patients and their families, learn what is most important to them and walk with them and support them as they make the complicated health care choices that make the most sense to them and best fit their goals, preferences and values.

"In addition to goals of care, palliative care providers assist in completion of advanced directives. One of the most important things an adult can do is leave their loved ones with instructions including who should become their decision maker(s) if/when the individual is unable to speak for themselves. This is important for all adults, but even more so for those diagnosed with progressive and life-limiting illnesses.

"Advanced directive documents can also include living wills, which guide health care providers and loved ones in what the individual would want in certain situations such as dependence on machines for breathing or dependence on artificial nutrition for living. Patients can receive palliative care concurrently with 'aggressive' disease-fighting care. For example, a patient receiving anti-cancer therapy, such as chemotherapy and radiation, can receive palliative care to discuss their goals and treatment options, and to receive pain and symptom management."

Hospice is a palliative service that provides care to patients specifically in the last months of life when life-extending treatment is either no longer an option—because it is not working or because the patient is not tolerating it—or no longer desired by the patient. Hospice care is most often provided in the home, wherever home may be. This can include a private residence, long-term care facility and even prison.

Hospice focuses fully on the patient's comfort, stopping diagnostic testing, treatments and medications that are no longer beneficial to the patient. Hospice providers are highly specialized and skilled in assessing and assisting with management of discomfort in all facets including the physical, psychological, emotional, spiritual and social aspects of life.

These services focus on providing comfort, enhancing quality of life and easing the fear that often accompanies this stage. Hospice offers an option to step away from aggressive diagnostic testing and life-prolonging treatments when they no longer provide benefit or when a patient chooses a more comfort-focused approach to care.

"It's important to understand that neither palliative care nor hospice is meant to hasten death," Furrow says. "Equally important is the recognition that whatever path a patient chooses, whether pursuing continued life-prolonging treatment or focusing on comfort, should be fully honored and respected by those providing care."

Furrow's first research activity in this field was her master's thesis in 2003, when she was a hospice nurse interested in learning more about barriers to patients receiving hospice and palliative care. She collaborated with the West Virginia Center for End-of-Life Care to conduct research on health care providers' knowledge and attitudes about palliative care. Findings pointed to an ongoing need for healthcare provider education in end-of-life care in her region in West Virginia.

Then, doing her doctoral dissertation in 2016, she studied use of human standardized patients in the simulation lab as a method of teaching nursing students to provide patient education.

"I believe this could be modified to teach nursing students to converse with patients and families facing serious illness," she says. "I see potential to conduct future research in this area."

Furrow recently passed her national board exam as an advanced practice palliative provider—an important step in her relationship with her FGCU students.

"Educators teach nursing students that certification is an important way to deepen their competence within their chosen specialties and to ensure they're providing the highest quality of care," Furrow says. "I use my own experience as an example to show them what's possible in their future careers and to demonstrate that I don't just encourage certification—I actively pursue it myself. The studies and experience required to earn my certification as an Advanced Certified Hospice and Palliative Nurse have given me the expertise to share this vital area of care with the next generation of nurses."

## FGCU

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# What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they



knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

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

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

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

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