

T A M P A   B A Y ' S

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

December 2025

Tampa Bay Edition - Monthly

**FREE** 

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## NEW YEAR, NEW YOU

Invest in Your Wellness  
with Regenerative Medicine

## HANDLING HOLIDAY EMOTIONS

GRIEF, JOY, AND  
EVERYTHING IN  
BETWEEN

WHY ADULTS STRUGGLE  
MOST IN RESTAURANTS  
& CROWDED PLACES

14  
IMPORTANT  
HEALTH  
SCREENINGS  
FOR OLDER  
ADULTS



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ADVANCED AND INDIVIDUALIZED CARE

# 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.

*Take the first step. It's peace of mind and early detection when it matters most.*

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# HANDLING HOLIDAY EMOTIONS: GRIEF, JOY, AND EVERYTHING IN BETWEEN

**T**he holiday season is often described as “the most wonderful time of the year.” Yet for many, it’s also one of the most emotionally complicated. For people living with cancer, survivors, or caregivers, the holidays can stir up a deep mix of feelings — joy and gratitude intertwined with fatigue, uncertainty, or grief. Even those in good health can find the season emotionally charged, as expectations of happiness and togetherness clash with the realities of stress, loss, or change.

All the emotions you feel this season are valid; they’re part of being human.

## The Two Sides of Emotion

The holidays have a way of magnifying whatever we’re feeling. For some, they bring comfort, connection, and warmth. For others, they can highlight absence, illness, or the way life has changed. People undergoing treatment or recovery may find it difficult to join every gathering or keep up with traditions. Caregivers might feel stretched thin, torn between responsibilities and the desire to make things “normal.”

Recognize that it’s OK to feel both grateful and sad at the same time. Emotions can coexist — we can laugh through tears, celebrate while remembering those we miss, and feel joy even amid uncertainty.

## What Happens When Emotions Run High

Emotions aren’t just in our heads — they affect the body, too. Stress, sadness, and anxiety can influence hormone levels, immune function, and sleep. For those navigating cancer or recovery, chronic stress can increase fatigue, tension, and even physical discomfort.

Understanding this connection can help us approach emotional wellness as a key part of physical health. Simple coping tools — mindfulness, deep breathing, brief walks, journaling, or moments of stillness — can help reduce stress hormones and restore balance.

## Coping with Grief and Loss

The holidays can be especially hard when illness has changed what used to be familiar or when someone you love is no longer here.

Grief is often more intense during a season that celebrates togetherness. Rather than trying to avoid or suppress that pain, consider gently acknowledging it. Light a candle in a loved one’s honor. Share stories about them during dinner. Create a small ritual that brings them into the moment — like playing their favorite song or cooking their favorite dish.

Grief is not something to “get over”; it’s something we carry differently over time. If sadness feels overwhelming or persistent, reaching out to a counselor, faith leader, or oncology social worker can provide support and perspective.



## Giving Yourself Permission to Feel Joy

When you’re going through something hard, moments of joy can sometimes bring guilt — as if happiness means you’re forgetting what’s painful.

Allow yourself to embrace small pleasures: watching holiday lights, sharing a meal, laughing at a movie, or enjoying the scents of pine and cinnamon. These simple experiences can lift the spirit and support healing.

## Managing Emotional Overload

Between travel, gatherings, and expectations, the holidays can easily lead to emotional or sensory overload. To protect your energy:

- Set limits: It’s OK to decline invitations or leave early if you’re tired.
- Simplify traditions: Focus on what feels meaningful, not what’s “expected.”
- Take small breaks: Even a few minutes of quiet breathing or stretching can reset your body and mind.
- Ask for help: Loved ones often want to help but don’t know how; let them know what would be most supportive.

## The Healing Power of Connection

If you’re struggling, reach out — to friends, family, support groups, or communities of faith. You’re likely to find that others are also navigating mixed emotions this season. Sharing honestly, without pressure to “be OK,” can help lighten the weight.

For those supporting someone facing cancer or grief, the most meaningful gift isn’t advice or cheer — it’s presence. A listening ear, a handwritten note, or simply showing up can make a profound difference.

## Finding Meaning and Peace

Whether you’re celebrating, remembering, or simply getting through each day, allow yourself to feel it all — the joy, the sadness, the gratitude, the ache. This season, try letting go of “shoulds” and focusing on “what is.” Rather than trying to change how you feel, allow yourself to feel it.

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# 14 Important Health Screenings for Older Adults

**A**s you get older, your health needs change a lot. What worked when you were in your 30s might not be enough when you hit your 60s. The best way to catch new issues is through preventive screenings — so you can deal with them before they get too far along. That gives you more options and better outcomes. And at ArchWell Health, we believe those are the best results of all.

## 14 Tests to Maintain Senior Health

ArchWell Health offers many on-site preventive health screenings to give your physician the full picture of your health. Here are the 14 screenings we recommend for your best health in your 60s and beyond:

### 1. BLOOD PRESSURE CHECKS

#### Why to get it

High blood pressure (hypertension) is a very common problem as people age. Even if you have no risk factors for cardiac events, your arteries, which carry blood throughout your body, do become less flexible as you get older. Uncontrolled, it can lead to cardiovascular disease and stroke, among other health issues.

#### How it's done

A healthcare professional takes a simple check via an arm cuff. If it reads dangerously high, your provider may recommend an at-home kit for more regular checks.

#### What happens next

Your doctor will recommend a hearty healthy regimen that may include:

- Medication
- Exercise
- Healthy eating such as the Mediterranean and DASH diets
- Quitting smoking and drinking less alcohol
- Managing stress through meditation, psychotherapy, yoga and mindfulness

### 2. CHOLESTEROL CHECKS

#### Why to get it

According to the Centers for Disease Control, almost 12% of people over the age of 60 have high cholesterol, which can dramatically increase your risk of heart disease and stroke. However, there are no symptoms, so you will never know you have it without checking — until it may be too late.

#### How it's done

Your healthcare professional takes a blood sample — also called a lipid panel or lipid profile — after you have fasted for 9 to 12 hours. The National Heart, Lung and Blood Institute recommends annual screenings for people over 65.

#### What happens

If your cholesterol falls outside of normal ranges, ask your physician about:

- Statin medications
- Upping your exercise
- Healthy diets rich in unsaturated fats (again, the Mediterranean Diet is a great one)
- Quitting smoking

### 3. COLORECTAL CANCER SCREENING

#### Why to get it

The third most common cancer and the second most common cause of cancer-related deaths around the world, colorectal cancer presents mainly in people over the age of 50.

#### How it's done

The American Cancer Society recommends that people at average risk should get their first screening by age 45, and then continue up to age 75. At home stool tests that detect the presence of blood should be done every one to three years or colonoscopy every ten years. People at increased risk — family history of colorectal cancer or certain kind of polyp, or a personal history of IBD or colorectal cancer — should be screened more frequently, as advised by your physician.

#### What happens next

Your ArchWell Health provider can order you an at home stool test to quickly get your colorectal cancer screening results.

During a colonoscopy, polyps will be removed during the procedure. If there are any potential cancer sites, your physician will discuss further diagnostic and treatment procedures. If a stool test of CT colonography detects potential hotspots, you will have to go for a full colonoscopy.

### 4. DEMENTIA SCREENING

#### Why to get it

Early detection of dementia gives you a chance at the most optimal treatment, time to plan for the future and also participate in decisions about long term care, financial and legal issues.

#### How it's done

You can receive a cognitive assessment anytime you visit your ArchWell Health doctor. The Alzheimer's Association also provides simple screening tests that you can take yourself or can be administered by a trusted family member or friend. Make sure to talk with your primary care provider about your results.

#### What happens next

If you or a loved one is showing concerning signs of dementia, see a primary care provider at ArchWell Health who can take a more in-depth assessment and answer questions. The Alzheimer's Association also

offers support groups, a free 24/7 helpline and other useful tools for people with dementia and their caregivers.

### 5. DEPRESSION SCREENING

#### Why to get it

Older adults are at increased risk of developing depression because of life changes, loneliness and dealing with multiple health issues. (Eighty percent of older adults have at least one chronic health condition, and 50 percent have two or more).

#### How it's done

Your provider will ask 2 simple screening questions at your ArchWell Health visit. If you are struggling with depressive episodes, you can talk to an ArchWell Health doctor or social worker to discuss your options for getting back on track. Your primary care doctor may refer you to a therapist or psychologist for more help. If you are in a mental health crisis, call 9-1-1 or call the National Suicide Prevention Hotline (1-800-273-TALK).

#### What happens next

Many people who struggle with depression find relief with therapy, antidepressants or both at the same time. Also, do not isolate yourself. Reach out to others, find new social outlets or join support groups.

### 6. DIABETES SCREENING

#### Why to get it

Diabetes affects around 33% of people aged 65 and over. If not controlled, it can lead to heart disease, kidney, nerve, foot and eye damage, and more.

#### How it's done

The American Diabetes Association recommends that people age 45 and over should get screened every three years.

- The A1C Test measures average blood sugar levels over a 2-3 month period.
- The fasting Blood Sugar Test measures blood sugar after fasting overnight.

#### What happens next

Your ArchWell Health doctor will create a plan with you to manage your diabetes through diet, exercise, blood sugar testing, taking medication as prescribed and managing stress. Your provider can also help you prevent type 2 diabetes through behavioral changes.

### 7. EYE EXAM

#### Why to get it

Your vision changes as you age, and some eye diseases are symptomless until it's too late to reverse the damage.

#### How it's done

The American Academy of Ophthalmology recommends that people over the age of 65 go for a full eye exam every year or two. In addition to checking your

regular visual acuity and depth perception, your ophthalmologist or optometrist will check for glaucoma, cataracts, age-related macular degeneration and diabetic retinopathy.

#### **What happens next**

Depending on the results, your physician will advise you on steps to take to preserve your vision for years to come. If you have low vision, they can even help you with safety precautions around your house.

### **8. FALL RISK ASSESSMENT**

#### **Why to get it**

Falls are the second leading cause of unintentional injury deaths worldwide, and people over the age of 60 experience the greatest number of fatal falls.

#### **How it's done**

ArchWell Health recommends that all seniors get an annual fall risk assessment. Your health provider will go over your fall history, test your balance and cognition, perform a physical exam and review your medications.

#### **What happens next**

Even if your results put you in the low-risk category, your physician can talk to you about changes you can make in your home to prevent falls, exercises to improve balance and strengthen important muscles, and provide referral to a physical or occupational therapist if needed.

### **9. HEARING TEST**

#### **Why to get it**

Hearing loss progresses with age, sometimes starting as young as your 30s or 40s. Experts have found that even mild hearing loss can cause seniors to isolate, which can lead to depression. Don't let your loss of hearing impact your ability to meet up with friends and maintain an independent life.

#### **How it's done**

See a hearing specialist such as a licensed audiologist or otolaryngologist (ENT), who will administer hearing tests that measure the level and type of hearing loss.

**TIP:** Traditional Medicare does not cover hearing tests or hearing aids, which is one reason you might want to look into choosing a Medicare Advantage Plan. In 2021, around 97% of Medicare Advantage Plans offered some hearing benefits. Look at each plan to see what best fits your needs, especially which brands and types of hearing aids are allowed.

#### **What happens next**

If you have hearing loss, your healthcare provider will lead you through getting fitted for appropriate hearing aids. If the loss is profound, you may qualify for cochlear implants, which are generally covered under traditional Medicare.

### **10. HEART TESTS (EKG AND ECHO)**

#### **Why to get it**

Statistically, if you are over the age of 65, you are at a higher risk for developing cardiovascular disease than younger folks.

#### **How it's done**

- **Echocardiogram:** Ultrasound that assesses heart function
- **Electrocardiogram (EKG or ECG):** Measures the heart's electric signals

#### **What happens next**

Your provider can perform an Echo and EKG right in the ArchWell Health center. If abnormalities are found, your healthcare provider will advise you on lifestyle and diet changes, and medication. You may need more in-depth testing such as a cardiac stress test, a cardiac catheterization, or major intervention such as angioplasty.

### **11. LUNG CANCER SCREENING**

#### **Why to get it**

According to the American Cancer Society, most people are 65 or older when diagnosed with lung cancer. The average age is 70. While it is the leading cause of cancer death in the United States, early detection can reduce mortality.

#### **How it's done**

The U.S Preventive Services Task Force notes that anyone who currently smokes, quit in the past 15 years, or once smoked 20 packs per year should start getting yearly lung cancer screenings between the ages of 50 and 80. Screening should stop once the patient has not smoked in over 15 years, or has a life-limiting health issue.

#### **What happens next**

If your test reveals an abnormality or suspicious node, your doctor may have you come back for further testing, such as a biopsy or PET scan to see if it is cancerous. If there is cancer, potential treatments include excision, radiation and chemotherapy. Immunotherapy or targeted therapies, which reduce damage to healthy cells, may also be an option.

### **12. MAMMOGRAM**

#### **Why to get it**

The American Cancer Society recommends that women ages 40 -54 should get yearly mammograms; after the age of 55, if you have never had breast cancer and do not have risk factors, you can switch to every two years, if you wish.

**IMPORTANT:** Men can get breast cancer and should be screened if they have any risk factors: BRCA1 or BRCA2 gene mutations, family history, aging, radiation exposure, history of heavy drinking and more.

#### **How it's done**

A mammogram is a low-dose x-ray. Medicare covers the costs of yearly screening mammograms for all women over 40.

**TIP:** Many women try to schedule a mammogram during Breast Cancer Awareness Month in October, but unfortunately screening centers can be busy at that time. Try scheduling your appointment in the summer to make sure you get in before the end of the year.

#### **What happens next**

Your ArchWell Health provider will receive the results of your mammogram and be ready to discuss with you. If the mammogram reveals something concerning, you

may be given a breast MRI to get a closer look. If that isn't conclusive, you may have to get a tissue biopsy.

### **13. PROSTATE CANCER SCREENING**

#### **Why to get it**

In America, thirteen out of 100 men will get prostate cancer; your risk increases as you age.

The American Cancer Society recommends this screening schedule:

- Age 50 for men at average risk of prostate cancer and are expected to live at least 10 more years
- Age 45 for men at high risk: which includes being African-American, or having a father or brother diagnosed under the age of 65
- Age 40 for men at even higher risk: More than one first-degree relative diagnosed under the age of 65

#### **How it's done**

You will be given a prostate-specific antigen (PSA) blood test and possibly a digital rectal exam.

#### **What happens next**

If results are normal, your health provider will discuss when the test should be repeated, depending on your risk factors. If they are abnormal, this doesn't always mean the presence of cancer. Your doctor will advise on whether you should wait to repeat the test, take a different kind of test or get a biopsy.

### **14. SKIN CHECK**

#### **Why to get it**

Skin cancer is the most common cancer in the United States. The earlier you catch it, the better your outcome. However, the sun damage you do to your skin through burns and tans when you are younger often don't show up until much later in life. That's why most skin cancers aren't diagnosed until after the age of 65. And one in five Americans will develop it by the age of 70.

#### **How it's done**

You should be doing a self-exam once a month for suspicious spots that are new or changing. Have a partner, ArchWell Health provider or caregiver help you with the hard-to-see places. Go over your risk factors (personal and family history, history of sunburns, fair skin, light colored eyes, advanced age) with your provider to assess how often you should be checked. During the exam, the provider checks your skin all over for spots that are asymmetrical, scaly, bleeding have a jagged border, uneven color, larger than a pencil eraser, or changing.

#### **What happens next**

Your physician will biopsy a suspicious spot. If the results are abnormal, you may get an x-ray or CAT scan to see if the cancer is contained or has spread. Treatment options include radiation, Mohs surgery, cryotherapy, chemotherapy, immunotherapy, drug therapy and more.

Find an ArchWell Health center near you to start working on checking these screenings off your list!

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# NEW YEAR, NEW YOU:

## Invest in Your Wellness with Regenerative Medicine

By Parveen Vahora, M.D.

**A**s the calendar turns and resolutions take shape, there's no better time to prioritize your health and well-being. This year, give yourself the gift of transformation through cutting-edge regenerative medicine treatments that address concerns you may have been hesitant to discuss. You deserve to feel confident, vibrant, and fully yourself—and Dr. Parveen S. Vahora is here to help you achieve exactly that.

### Reclaim Your Confidence with Emsella Pelvic Floor Therapy

Pelvic floor issues affect millions of men and women, yet they remain one of the most under-discussed health concerns. Whether you're experiencing urinary incontinence, reduced intimacy satisfaction, or postpartum weakness, Emsella offers a revolutionary non-invasive solution. This FDA-cleared treatment uses high-intensity focused electromagnetic technology to strengthen pelvic floor muscles through thousands of supramaximal contractions in a single 28-minute session.

The best part? You remain fully clothed while sitting comfortably in the Emsella chair. Many patients report improvement after just one session, with optimal results typically achieved after six treatments. For both men and women dealing with bladder control issues or seeking to enhance their quality of life, Emsella represents a game-changing advancement in pelvic health—no surgery, no downtime, just results.

### Restore Intimate Wellness with MonaLisa Touch

Women experiencing vaginal dryness, discomfort during intimacy, or other symptoms related to menopause, childbirth, or cancer treatments no longer need to suffer in silence. MonaLisa Touch is a gentle laser treatment that revitalizes vaginal tissue, promoting natural moisture and elasticity. This quick, in-office procedure stimulates collagen production and improves blood flow to restore comfort and function.

Most women complete a series of three treatments spaced six weeks apart, with many experiencing significant relief after the very first session. MonaLisa Touch offers a hormone-free alternative for those seeking to reclaim their intimate wellness and overall quality of life. You deserve to feel comfortable in your own body, and this innovative treatment makes that possible.



### Rejuvenate Your Hair with PRP Therapy

Hair thinning and loss can significantly impact self-esteem for both men and women. Platelet-Rich Plasma (PRP) therapy harnesses your body's own healing capabilities to stimulate hair follicles and promote natural regrowth. During this treatment, a small amount of your blood is processed to concentrate the growth factors, which are then precisely injected into areas of thinning hair.

PRP therapy is a natural, safe approach that works with your body's regenerative processes rather than against them. While results vary by individual, many patients notice improved hair density, thickness, and overall scalp health within three to six months. Regular maintenance treatments help sustain these improvements long-term.

### Personalized Care from Dr. Parveen S. Vahora

What sets these treatments apart is not just the advanced technology, but the personalized care you'll receive from Dr. Parveen S. Vahora. Every patient's journey is unique, and Dr. Vahora takes the time to understand your specific concerns, goals, and medical history to create a customized treatment plan that's right for you.

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# Why Adults Struggle Most in Restaurants and Crowded Places

by AudioNova

**M**any adults are surprised when they first notice that conversations in restaurants, family gatherings, or busy social settings feel harder than they used to. You might be able to hear every sound around you, yet the person across the table feels distant or unclear. You may find yourself nodding along or leaning in more often. You may even leave a noisy place feeling unusually tired, as if your mind was working overtime simply to follow along. This experience is far more common than people realize, and it often appears long before someone would consider themselves to have hearing loss.

There is a good reason adults struggle most in these environments, and it has to do with how the ear and brain work together. Understanding the science behind it helps remove the confusion and the frustration that many people feel.

The human ear is remarkable. It can pick up thousands of tiny details in speech and sound. The brain then takes those signals and sorts them so you can focus on what matters. The challenge is that most speech clarity comes from high frequency sounds. These sounds are soft, quick, and easy to lose in a room filled with background noise. For example, consonants like S, F, TH, SH, and CH carry the meaning in speech. They help our brain distinguish one word from another. When those sounds become harder to hear, people will often say that others are mumbling or that speech feels less crisp.

As adults get older, even as early as their thirties and forties, the tiny hair cells in the inner ear that detect high frequencies can begin to weaken. This is a slow and natural process, made faster for some people by noise exposure, work environments, genetics, and overall health. The important part is that this change affects clarity long before it affects volume. You may hear the sound of someone speaking, but the details of the words get lost.

Social environments make this even more challenging. Restaurants, parties, and cafes are filled with competing sound sources. Music, dishes, chairs moving, air systems, conversations from other tables, and the natural echo of the room all blend together.



Your ears are picking up every one of those sounds at once. When your brain tries to filter the voice you want to hear from everything else, the job becomes incredibly difficult. This filtering process is called auditory processing, and it becomes more demanding with age.

One of the most overlooked factors is the signal-to-noise ratio. This is the relationship between the voice you want to hear (the signal) and the sound around you (the noise). Even slight hearing changes can make the signal weaker, and even a moderate amount of noise can overpower the ability to follow speech. Adults often blame themselves when they cannot keep up, but the reality is that the environment is simply overpowering the clarity their ears can detect.

There is also an emotional side to this that many people do not talk about. Adults often leave noisy gatherings feeling drained or disconnected. They may stop speaking up as much or avoid busy places altogether. They may feel embarrassed asking people to repeat themselves. What they do not realize is that their brain has been doing the work of separating speech from noise on their behalf, and that work is exhausting. When hearing clarity changes, even slightly, the brain has to fill in the gaps. This can create listening fatigue, which is why some people feel mentally tired after conversations that used to feel effortless.

The good news is that struggling in noisy places is not a sign that something is wrong with you. It is a sign that your ears and brain are working hard in an environment that is genuinely difficult. It is also a sign that early hearing screenings can make a meaningful difference. These screenings show how

well you hear soft, high frequency sounds and how well you understand speech. They give you a clear picture of what is happening and help you know whether your challenges are simply environmental or if subtle hearing changes are beginning.

Adults who take a proactive approach often feel more confident afterward. They understand why certain situations feel hard. They know what is in their control. And if there are early changes, addressing them can make conversations feel more natural again. The goal is not to fear hearing loss. The goal is to protect communication, connection, and confidence.

Struggling in restaurants and crowded places is one of the earliest and most common signs of hearing changes in adults. It is also one of the easiest problems to misunderstand. When you know the science behind it, the frustration starts to fade. You realize that hearing is not just about detecting sound. It is about understanding speech in the middle of real life. When you take steps to understand your hearing earlier, you make it easier to stay connected to the people and the moments that matter most.

The audiological staff at AudioNova have been proudly serving the residents of St. Petersburg, FL for many years. We are a vital member of St. Petersburg's vibrant healthcare community and take pride in providing world-class hearing care locally.



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At Mind Body Medicine of Florida, we are committed to treating the whole person, not just their symptoms. As a health and wellness center, we offer a wide range of alternative medicine modalities. Our services include functional medicine, integrative medicine, IV infusion therapy, Ozone therapy, infrared sauna, cold plunge therapy, Yoga therapy and treatments from independent providers specializing in acupuncture, massage therapy, neurofeedback, esthetics, psychotherapy, hypnotherapy, and more.

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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:

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

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

### Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
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# How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

**M**illions 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.

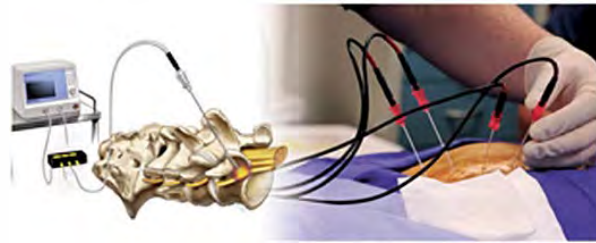
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are 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 Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013).

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

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

## The National Institute of Spine & Pain

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# HEALING AT THE INTERSECTION OF MIND, BODY & ROOT CAUSE:

## A Deep Dive Into Mind Body Medicine of Florida

In the heart of Sarasota sits a wellness center that refuses to treat patients like a series of symptoms, and instead invites them into a journey of transformation. At 2805 Fruitville Road, Suite 250, the team at Mind Body Medicine of Florida stands as a beacon of integrative care—where functional medicine, IV therapy, contrast therapy, yoga, and root-cause detox protocols come together under one roof.



Under the leadership of **Mark Sylvester, MD** — whose own story of illness and recovery led him to challenge the conventional model of medicine — this practice champions a philosophy of whole-person healing. “We don’t just address the symptom; we uncover the cause,” the website declares. For patients grappling with unexplained fatigue, brainfog, hormone imbalances or simply a desire to live more vibrantly, this is a place of possibilities.

### Tailored protocols, not templates

At Mind Body Medicine of Florida, no two journeys look the same. The intake process involves deep dives into labs, lifestyle, environment, trauma, and nutritional status. From there, a bespoke plan might include integrative diagnostics, heavy-metal or biotoxin screening, IV nutrient infusions, cold-plunge/infrared sauna contrast, yoga or mindfulness classes in the Roots Collective, neurofeedback, and much more.



For example, the Vesta Chelation Method—a program founded by Dr. Sylvester himself—targets heavy metal and mold biotoxin burden, spanning the entire US in its online scope. It uses advanced testing (such as hair-mineral analysis and mycotoxin panels) and personalized protocols designed around five “pillars” of cellular healing: detoxification, metabolic support, gut restoration, brain/inflammation reduction and sustainable lifestyle mastery.

On another front, the InfuZen IV Lounge offers infusion therapies for hydration, recovery, nutrient optimization, detox and performance support—all administered in a relaxing environment.

### Philosophy meets practice

What sets this center apart is the seamless integration of mind, body and environment. Dr. Sylvester argues that conventional medicine often stops too soon—focusing on pills and procedures when the upstream causes remain unaddressed. At this clinic, the questions become: Are you exposed to toxins? Is your nervous system in “fight/flight” mode? Are you metabolically stuck? Are you sleeping well? Are your mindset and relationships supportive of your health?

Within a calm, spa-meets-clinic setting, patients might move from a contrast therapy session (infrared sauna followed by cold plunge) to a vitamin infusion lounge to a one-on-one neurofeedback session. The aim: restore resilience, awaken vitality and reconnect patients to the natural healing potential of their own bodies.

### Who comes here – and why it matters

The profile of patients is broad: someone with chronic Lyme or mold exposure seeking root-cause healing; an executive looking for IV support, hormone balance and nervous system reset; an athlete recovering from injury; a wellness-minded person wanting to age with grace. The common thread: a sense that the standard model hasn’t worked, and a desire for deeper answers. The center’s tagline speaks clearly: “We treat the whole person—not just your symptoms.”

### A word of perspective

While the integrative and root-cause model brings hope to many, it is worth noting that some of these therapies (such as chelation for non-acute exposures, or high-dose nutrient IVs) exist in a space where conventional medicine is still evolving. Patients should remain informed partners in their care, understand which parts are evidence-based and which are more pioneering, and always coordinate with their primary physician.

### In summary

If you’ve been searching for a healthcare experience that sees you, not just your lab results, and that weaves together cutting-edge diagnostics, lifestyle transformation, mind-body practices and environmental medicine—then Mind Body Medicine of Florida may be for you. For those ready to stop managing symptoms and start living from a place of rooted, holistic wellness, the path may just begin at 2805 Fruitville Road.



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# The Direct Anterior Approach: A Faster Path to Recovery After Hip Replacement

By Paul Mahle, MD | UF Health Medical Group Orthopaedics

**A**s a total joint replacement surgeon, I'm constantly seeking ways to improve outcomes and accelerate recovery for my patients. One of the most significant advancements in hip replacement surgery over recent years has been the direct anterior approach. This technique has transformed how we perform total hip arthroplasty, offering patients a faster return to their daily activities with less post-operative discomfort.

## Understanding the Direct Anterior Approach

Traditional hip replacement surgery typically involves accessing the hip joint from the side or back of the hip, which requires cutting through major muscle groups. The direct anterior approach is different. By accessing the hip joint from the front of the body, I can work between the muscles rather than cutting through them. This muscle-sparing technique preserves the natural anatomy and significantly reduces surgical trauma to the surrounding soft tissues.

## Shorter Recovery Time

The most compelling benefit of the direct anterior approach is the dramatically shorter recovery period. Because muscles are not detached from the bone during surgery, patients experience less pain, less inflammation, and faster healing. Patients are walking within hours of surgery and can bear full weight on their new hip immediately. Compared to traditional approaches that may require six to eight weeks of restricted movement and hip precautions, patients undergoing the direct anterior approach often return to normal activities within two to four weeks.

Hospital stays are also typically shorter — often just one night or even same-day discharge for appropriate candidates. This means less time away from home, family, and the comfort of your own environment during the critical early recovery phase.

## Fewer Restrictions, Greater Confidence

Traditional hip replacement techniques often come with a long list of precautions: don't bend



past 90 degrees, don't cross your legs, use elevated toilet seats, sleep with a pillow between your knees. These restrictions exist because cutting through muscles increases the risk of hip dislocation during the healing process.

With the direct anterior approach, most of these precautions are unnecessary. The intact muscles provide natural stability to the new joint from day one. Patients can bend, sit in normal chairs and move more freely without restrictions. This freedom translates to greater confidence during recovery and a faster psychological adjustment to the new hip.

## Ideal Candidates

While the direct anterior approach offers tremendous benefits, it's important to understand that not every patient is an ideal candidate. During your consultation, we'll discuss your specific anatomy, overall health and activity goals to determine whether this technique is right for you. Factors such as body composition, previous surgeries, and bone quality all play a role in surgical planning.

## Taking the Next Step

If hip pain is limiting your quality of life and you've been considering joint replacement, I encourage you to explore whether the direct anterior approach might be right for you. At UF Health Medical Group Orthopaedics, we're committed to providing personalized care using the most advanced techniques available. Our goal is not just to replace your hip — it's to restore your mobility, independence, and active lifestyle as quickly and safely as possible.



**PAUL MAHLE, MD**  
ORTHOPAEDIC SURGEON

Paul Mahle, MD, is a board-certified orthopaedic surgeon at UF Health fellowship trained in joint replacement and adult reconstructive surgery. He provides personalized care for bone, muscle and joint conditions, offering both non-surgical and surgical treatments for hip and knee injuries and degenerative conditions.

As part of a skilled healthcare team, he draws on shared expertise and best practices to diagnose and treat a wide range of musculoskeletal conditions. Outside of his practice, he enjoys traveling, being outdoors and is passionate about physical wellness, encouraging an active and healthy lifestyle.



For more information about orthopaedic services at UF Health or to schedule your next appointment, visit [UFHealth.org/Central-Florida-Care](https://UFHealth.org/Central-Florida-Care) or call 352-323-5665.

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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.

## 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**

# It's A Wonderful Life

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.

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