

TAMPA BAY'S

# Health & Wellness

MAGAZINE

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Tampa Bay Edition - Monthly

FREE 

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HOW TO MAKE-AND  
KEEP-A NEW YEAR'S  
RESOLUTION TO  
QUIT TOBACCO.

THE FUTURE OF  
WEIGHT LOSS

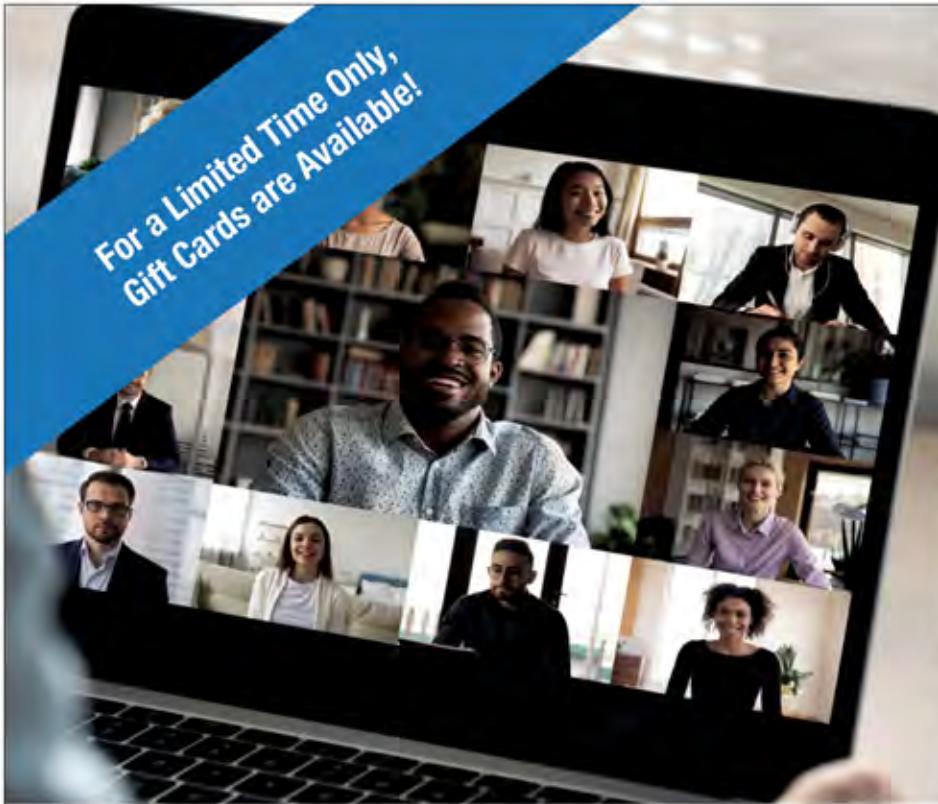
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**ADVANCED AND INDIVIDUALIZED CARE**

# 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

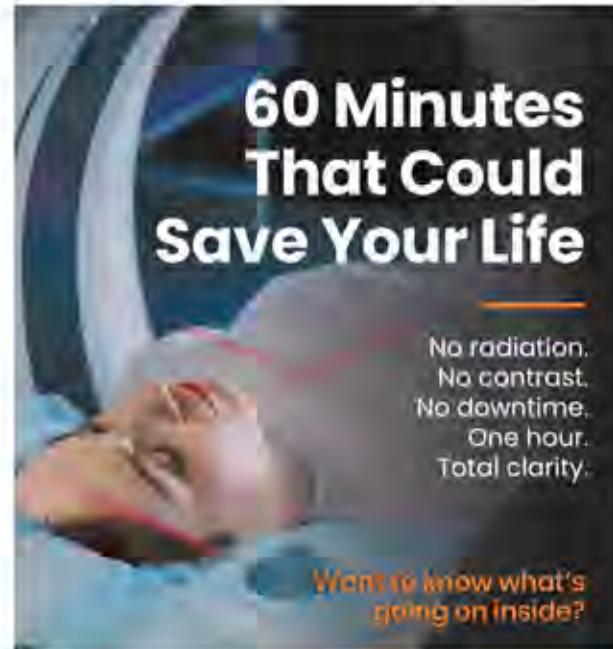
The old adage "knowledge is power" takes on profound meaning when applied to personal health. BodyView Full Body MRI empowers individuals to take charge of their wellbeing by providing detailed insights into their body's current state. This innovative screening technology transforms the traditional reactive 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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# PROMISING TRENDS IN CANCER CARE

**T**he outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

There are nearly 19 million cancer survivors living in the U.S. today. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

## Cancer Basics

Cancer starts when normal, healthy cells become changed or altered and begin to grow out of control. Cancer can develop anywhere in the body. The two main categories are cancers of the blood cells, known as hematologic cancers, and solid tumor cancers, which are cancers of any of the other body organs or tissues.

There is no one single cause, and many factors alone or together can produce cancer. These include genetics or family history, environmental exposures, and lifestyle choices.

## Screenings Save Lives

It cannot be overstated: Early diagnosis and treatment are a substantial factor in surviving cancer.

Effective screening tests can detect many cancers before symptoms appear, making them easier to treat and saving lives. Screening recommendations vary by age, family history, and lifestyle, so talk with your doctor—and don't skip or delay your recommended tests.

## The Power of Genetics

Genetic screening and testing help oncologists diagnose cancers more accurately and tailor treatments to a patient's unique genetic makeup.

Genetic mutations inherited from our parents can put us at increased risk of developing certain cancers. Knowing personal risk factors for hereditary cancers early can be life-saving. Screening starts with a review of your personal and family cancer history, which genetics specialists use to determine whether further testing is recommended.

Clinical testing known as Next Generation Sequencing (NGS) is an advanced form of genetic testing that can detect mutations in hundreds of different genes derived from tumor cells simultaneously. NGS testing provides a more precise understanding of each patient's individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that actually targets that exact mutation. The results also help to identify clinical trials the patient may be eligible for based on their molecular profile.

## Immunotherapies

Chemotherapy and radiation have been widely used for decades to directly target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapies boost the body's natural immune defenses to better target and fight cancer. They can be given through an IV, taken as pills, or applied as a topical cream.



Immunotherapy may be used alone or combined with chemotherapy, radiation, or surgery. Side effects can occur, but they are often less severe than those seen with traditional treatments.

In the last few decades, immunotherapy has been approved for the treatment of many cancers, including bladder, cervical, breast, colorectal, lymphoma, and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, in a hospital setting.

## Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy that is in place today to treat cancer had its start in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort, but rather an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

## More Hope on the Horizon

Scientists worldwide are rapidly advancing cancer research, including efforts to improve immunotherapy by uncovering how cancer cells evade the immune system. This knowledge can help create new drugs that block those escape mechanisms and reduce treatment side effects, ultimately making immunotherapy more effective.

Cancer vaccines are a type of immunotherapy. While many vaccines effectively prevent diseases caused by bacteria and viruses, developing vaccines for cancer is far more complex. The FDA has approved two vaccines that help prevent cancer—HPV and hepatitis B—and several therapeutic vaccines for treating cancers such as prostate, bladder, and melanoma.

Exciting new advancements are leading to the development of truly targeted cancer therapies. Patients with cancer and their health care teams now have more treatment options than ever—with many more on the horizon.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

### About Florida Cancer Specialists & Research Institute, LLC (FLCancer.com)

For more than 40 years, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

In Pasco County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancers and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available – increasing cure rates and extending lives.



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# How to make—and keep—a New Year's resolution to quit tobacco.

It is no secret that most New Year's resolutions tend to fail before they even have a chance to "get off the ground". However, something about the "clean slate" that a new year brings inspires every one of us to try anyway. We think about all the positive changes we want to make in our lives, to get off to a great start, but get sidetracked by the busy-ness and pressures of life and lose focus. Despite our failures, we vow to ourselves that we will "do better next year". The failure that many of us experience is often the result of failing to make a sustainable plan. Benjamin Franklin said it best when he said: "If you fail to plan, you are planning to fail!"

If you're planning to start off this new year tobacco-free, set yourself up for success by creating a plan, learning what it takes to quit and knowing what to expect from the process.<sup>3</sup>

When it comes to quitting and staying quit, you must have a plan.<sup>1</sup> Having a personalized plan will not only keep you on track, but it will also help get you through the challenging moments that will inevitably come your way. Here are six simple steps to create your quit plan that will set you up for success.<sup>4</sup>

## Step One: Mark your calendar.

With New Year's coming up, now is a perfect time to quit tobacco for good. Start 2024 off on the right foot by cutting out the #1 preventable cause of death and disease in the United States: tobacco use.<sup>1</sup> Set your quit date, but also tell your friends and family your plans to quit and explain how they can help you. Quitting tobacco is easier when people in your life support you.<sup>4</sup>

## Step Two: Calculate your savings.

Did you know a pack-a-day smoker can save over \$2,200 a year from quitting?<sup>4</sup> Cutting out tobacco use is an excellent way to build your savings back up now that the holidays are behind you. To see how much you can save, visit [TobaccoFreeFlorida.com/cost](http://TobaccoFreeFlorida.com/cost) to view a smoking cost calculator.

## Step Three: Think about your reasons for quitting.

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are making the right decision for your health and the health of those around you by quitting tobacco use. Knowing your reasons for why you want to quit can keep you motivated and on track, especially in the difficult moments.<sup>4</sup>

## References:

- 1 Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit, Area Health Education Centers. 2018.
- 2 <https://www.lifehack.org/articles/lifestyle/10-reasons-why-new-years-resolutions-fail.html>
- 3 <https://www.verywellmind.com/tips-to-quit-smoking-for-new-years-2824378>
- 4 <https://smokefree.gov/build-your-quit-plan>



## Step Four: Know your triggers.

Think about what things make you more likely to use tobacco, then develop strategies to keep you in control of those triggers.

## Step Five: Fight your cravings.

When you get an urge to use tobacco, changing what you are doing or your physical location can make it easier to get your mind off of tobacco until the craving passes.

## Step Six: Set yourself up for success.

Choose strategies and tools to help you quit. Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers Group Quit, free tobacco cessation classes that are available to help someone quit all forms of tobacco. These group cessation classes, now held virtually, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the class. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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# THE FUTURE OF WEIGHT LOSS:

## Combining GLP-1s with EmsculptNeo for Optimal Results

**L**osing weight is only half the battle—keeping your strength, balance, and vitality throughout the journey is what truly transforms your health. At My Wellness Studio Medical Spa, we've developed a revolutionary approach that pairs the power of GLP-1 medications with EmsculptNeo technology, ensuring you shed pounds while building the lean, strong body you deserve.

### Understanding GLP-1 Medications

GLP-1s, or glucagon-like peptide-1 receptor agonists, have transformed medical weight loss. These medications work by mimicking a natural hormone your body produces in response to eating. When you take a GLP-1, it signals your brain's appetite centers to reduce hunger and increase feelings of fullness. Additionally, GLP-1s slow down how quickly food leaves your stomach, helping you feel satisfied longer after meals.

The results speak for themselves—patients typically experience significant weight loss as they naturally consume fewer calories without the constant battle against cravings. GLP-1s also help regulate blood sugar levels and have shown cardiovascular benefits, making them a comprehensive tool for metabolic health. However, there's a critical issue that many weight loss journeys overlook: muscle loss.

### The Hidden Challenge of Weight Loss

When you lose weight rapidly, your body doesn't discriminate between fat and muscle tissue. Studies show that up to 25-30% of weight lost during calorie restriction can come from lean muscle mass. This muscle loss leads to several concerning outcomes: decreased strength, reduced metabolic rate, poor balance, increased injury risk, and a higher likelihood of regaining weight.

Many patients on GLP-1s find themselves losing weight but also losing their energy, stability, and physical capability. They become weaker, more prone to falls, and struggle with everyday activities that once felt effortless. This is where our innovative approach changes everything.

### EmsculptNeo: Your Muscle-Preserving Solution

EmsculptNeo represents a breakthrough in body contouring technology, and it's the perfect complement to GLP-1 therapy. This FDA-cleared treatment



combines two powerful technologies in one session: high-intensity focused electromagnetic (HIFEM) energy and radiofrequency heating.

The HIFEM technology induces powerful muscle contractions—approximately 20,000 contractions in a single 30-minute session. These supramaximal contractions are more intense than what you can achieve through voluntary exercise, forcing your muscles to adapt and grow stronger. Meanwhile, the radiofrequency energy heats fat cells to temperatures that trigger apoptosis, the natural process of fat cell death.

The result? You're simultaneously burning fat and building muscle. Clinical studies demonstrate that EmsculptNeo can increase muscle mass by an average of 25% while reducing fat by approximately 30% in treated areas.

### Why This Combination Works

When you pair GLP-1 medications with EmsculptNeo, you're addressing weight loss from every angle. The GLP-1s help you reduce overall body weight by controlling appetite and food intake, while EmsculptNeo ensures that weight loss comes from fat, not muscle. You're not just becoming lighter—you're becoming stronger, more toned, and more resilient.

This combination prevents the weakness and fragility that often accompany rapid weight loss. Your balance improves rather than deteriorates. Your

metabolism stays elevated because muscle tissue burns more calories than fat, even at rest. You maintain the physical strength needed for daily activities, exercise, and injury prevention.

Patients in our program report feeling energized and capable throughout their weight loss journey. They're not experiencing the fatigue and weakness common with traditional weight loss methods. Instead, they're watching their bodies transform into leaner, stronger versions of themselves.

### A Complete Approach to Transformation

At My Wellness Studio Medical Spa, we believe weight loss should enhance your quality of life, not diminish it. Our EmsculptNeo + GLP-1s program represents a comprehensive approach that honors both the number on the scale and the strength in your body. You'll lose weight, preserve muscle, burn fat, and build the foundation for long-term health and wellness.

Your transformation should leave you feeling powerful, not depleted. With our innovative combination therapy, you can achieve the body you want while maintaining the strength you need.



### DR. SHIREEN DHANANI

Dr. Dhanani is always keeping up-to-date with the latest advancements in dentistry enabling her to provide her patients with the best quality of care. She dedicates herself to numerous continuing education hours each year and offers all phases of Cosmetic, Implant (both surgical placement and restorative) and Esthetic dentistry including Botox and Juvéderm dermal fillers. Dr. Dhanani is certified to treat patients using Invisalign and Cerec 3-D CAD/CAM technology, as well as sleep apnea.



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- No Downtime Required:** One of the significant advantages of Emsculpt NEO in Leesburg, FL, is that there's no downtime after the treatment. Patients can immediately return to their daily activities post-treatment.

- Efficient and Quick Sessions:** Each treatment session is relatively short, typically lasting about 30 minutes, making it convenient for people with busy schedules.
- Suitable for a Wide Range of Patients:** Emsculpt NEO can be used for individuals with a BMI of up to 35, making it accessible to a broader range of body types compared to some other body contouring treatments.
- Visible and Fast Results:** Patients often notice improvements after just a few sessions, with optimal results usually visible a few months after the final session. The results include both fat loss and muscle growth, contributing to a more toned and sculpted appearance.

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# PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

## Treating Shoulder Pain Successfully with Radiofrequency

**P**aula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

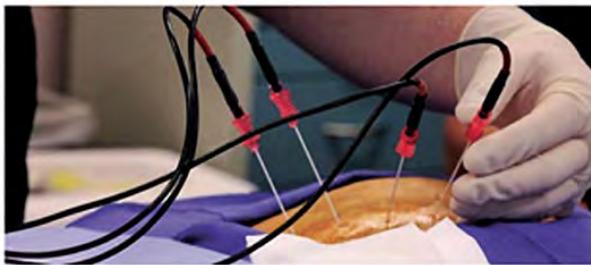
When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

### Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.

### Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

### The National Institute of Spine and Pain

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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 nerve back pain.

### Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

### More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



**Dr. Sunil Panchal**

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of 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 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).

# ADVANCED TREATMENT FOR VAGINAL DISCOMFORT:

What you should know about the MonaLisa Touch®

Dr. Vahora, MD, FACOG

**M**any women carry a little secret that they dare not tell even their best friend. The truth is that many pre and postmenopausal women, and even women that have recently gone through childbirth, have vaginal disorders, pain, and issues that they often withhold and keep to themselves. Most women think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy.

## What is Vulvovaginal Atrophy?

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful and can cause urinary disorders and can even interfere with daily activities for many women due to the extreme pain and discomfort that it can cause.

As mentioned there are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform in your physician's office.

## Innovative Technology

This advanced technology is called the MonaLisa Touch®. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the bodies cell renewal and regenerates the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane. MonaLisa Touch® is a functional vaginal rejuvenation treatment based on a unique fractional CO<sub>2</sub> laser. This device was created specifically for the vaginal mucosa and is presently the most effective procedure for preventing and treating vaginal atrophy and its painful conditions.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa.



The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

## Rejuvenate Your Sex Life

You and your partner will both benefit from this procedure, as intercourse will be pain-free and pleasurable once again. Mona Lisa Touch allows restoration and enjoyment of each other. You'll be amazed how effective this procedure gets you back to where you once were in your relationship.

## What Patients Have to Say About

### Parveen Vahora, M.D.

*"To find out that there was actually a laser that in three treatments could possibly provide me with what I hadn't been getting in the last 10 years of trying"? I was ecstatic." -Melanie P.*

*"When I underwent the MonaLisa Touch procedure, I was a little nervous, had some trepidation going into it, and after the procedure I came out almost bouncing off the walls, saying I cannot believe there was no discomfort, such a short time commitment." -Cheryl S.*

*"No, less than 5 minutes? It's really a fast procedure; I don't even want to call it procedure; I would just say experience, just a tiny little sensation as if someone's touching your skin." -Tina R.*

*"I would like to share that she is incredibly passionate about helping her patients. I think it is admirable that she is an advocate for non-narcotic pain relief in her practice. I highly recommend this practice." -Ashley T.*

## GYN VIP

Introducing our exclusive GYN VIP, Rewards Program, designed to enhance your journey to beauty and wellness! As a valued member, you'll unlock many benefits and indulgent perks tailored just for you. Earn treatments with every visit, and watch your rewards accumulate towards exciting offerings. Enjoy VIP access to the latest advancements in skincare, rejuvenating therapies, and luxurious spa experiences. Pamper yourself with discounted services, complimentary upgrades, and priority bookings. Plus, gain insider access to exclusive memberships stay on top of the latest trends and techniques. Join GYN VIP today and embark on a path to extraordinary self-care, where the more you invest, the more you'll be rewarded. Let us be your trusted partner on your journey to radiance and well-being.

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### DR. PARVEEN S. VAHORA, MD, FACOG:

Our practice's mission is to inspire women to live their best lives by providing compassionate and personalized care. We do everything we can to make you feel as comfortable as possible. For all your women's health needs, we are here by your side through all phases of life.

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



## GYN VIP

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# Hyperbaric Oxygen Therapy:

## Can it Boost the Immune System?

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

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

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.<sup>1</sup> A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.<sup>2</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 always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

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

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

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

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

### Patient Testimonials

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

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

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

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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

### Common Off-Label Indications:

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

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

### Reference:

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

# Embrace Every Age with Intentional Well-being

by ArchWell Health

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

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

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

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

## The power of nourishing nutrition

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

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

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

## Stay steady—balance and fall prevention matter

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

## Circle of support: the importance of connection

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

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

## Plan and prevent:

### annual screenings for peace of mind

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

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

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



## Care that sees you as you are

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

## A year of healthy aging: monthly wellness anchors

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

## Putting it all together

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

If you're looking for care that sees you—mind, body, and heart—ArchWell Health is here. Let's walk this journey together, step by step, with warmth, wisdom, and joy.

Visit [ArchWellHealth.com](http://ArchWellHealth.com) or call (941) 297-2126 today to become a member today.

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# REVOLUTIONARY BODY SCULPTING ARRIVES IN FLORIDA THE ARTEMIS T-SHAPE 2

Infinity Medical Institute is proud to announce the arrival of cutting-edge aesthetic technology to the Sunshine State. As the first facilities in Tampa and The Villages to offer the Artemis T-Shape 2, we're bringing an innovative, non-invasive body transformation solution that's making waves across the United States.

## What Is the Artemis T-Shape 2?

The Artemis T-Shape 2 represents the next generation of comprehensive body contouring technology. Unlike treatments that address only one concern, this advanced system delivers five powerful benefits in a single, comfortable session: body contouring, skin tightening, cellulite reduction, muscle toning, and lymphatic drainage. This multi-dimensional approach means patients can achieve their aesthetic goals more efficiently than ever before.

## The Science Behind the Technology

This state-of-the-art device combines multiple therapeutic modalities to target different layers of tissue simultaneously. By addressing fat cells, muscle fibers, connective tissue, and the lymphatic system all at once, the Artemis T-Shape 2 creates comprehensive results that look natural and feel transformative.

The treatment works by using advanced energy delivery systems that penetrate beneath the skin's surface. These precisely calibrated energies stimulate collagen production for firmer, tighter skin while simultaneously breaking down stubborn fat deposits. The technology also activates muscle contractions that tone and define underlying musculature, creating a sculpted appearance that diet and exercise alone often cannot achieve.

## FIVE TREATMENTS IN ONE

- Body Contouring:** Targets those stubborn areas that resist traditional weight loss efforts. Whether it's the abdomen, thighs, arms, or flanks, the Artemis T-Shape 2 helps reshape your silhouette by reducing localized fat deposits.
- Skin Tightening:** Addresses the loss of elasticity that comes with aging, weight fluctuation, or sun exposure. By stimulating collagen and elastin production, treatments leave skin visibly firmer and more youthful.



- Cellulite Reduction:** Smooths the dimpled appearance that affects nearly 90% of women. The technology targets the fibrous bands and fat distribution patterns that create cellulite's characteristic texture.
- Muscle Toning:** Strengthens and defines muscles through induced contractions, similar to an intensive workout but without the sweat. This benefit is particularly popular for enhancing abdominal definition and lifting the buttocks.
- Lymphatic Drainage:** Supports the body's natural detoxification process by stimulating lymph flow. This not only aids in eliminating metabolic waste but also reduces water retention and inflammation, contributing to a leaner, more contoured appearance.

## WHY INFINITY MEDICAL INSTITUTE?

Being the first to offer the Artemis T-Shape 2 in Tampa and The Villages reflects our commitment to bringing the most advanced aesthetic treatments to our patients. Our trained specialists understand how to customize each treatment protocol to individual body types, concerns, and goals.

The non-invasive nature of the Artemis T-Shape 2 means no downtime, no anesthesia, and no recovery period. Patients can return to their daily activities immediately after treatment. Most people describe the sensation as comfortable and relaxing, similar to a warm massage with gentle muscle contractions.

## WHO CAN BENEFIT?

The Artemis T-Shape 2 is ideal for individuals who maintain a healthy lifestyle but struggle with specific problem areas. It's perfect for those who want to enhance their body confidence without surgery, whether preparing for a special event or simply investing in their personal wellness.

Treatment plans are customized based on individual goals, but most patients see optimal results with a series of sessions scheduled over several weeks. Results continue to improve as the body naturally processes fat cells and produces new collagen in the months following treatment.

Infinity Medical Institute invites you to experience this groundbreaking technology firsthand. Schedule your consultation today at our Tampa or Villages location and discover why the Artemis T-Shape 2 is transforming the aesthetic medicine landscape across America.



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# MORE THAN A NEW HOME:

## What You're Investing in When You Move Into a Community with Life Care

No matter what phase of life you're in – first home, raising a family and yes, even your retirement years – where you live can have a big impact on your goals and overall happiness. After you retire, you might think moving to a senior living community is only about your residence's floor plan or view. However, the reality is that the importance of your move goes beyond the home's walls and extends well into the future, affecting not only your nest egg but your health and wellness.

Picking a Life Plan Community with Life Care, like Freedom Village of Bradenton, can provide you with the residence options, amenities, services and social opportunities you want, while also providing you with financial security and peace of mind.

### WHAT IS LIFE CARE?

According to the Department of Health and Human Services, 7 out of 10 adults will need long-term care at some point for an average of 3 years. Life Care is a type of financial contract that allows you to better predict the future cost of long-term care, if ever needed. This is done by paying for some of your potential care costs in advance through an entrance fee. At Freedom Village, no matter which floor plan you choose, our entrance fee includes all the cost saving benefits of Life Care. Plus, we offer several contract options to meet your financial situation and long-term goals.

### MONTHLY LIVING EXPENSES

Your monthly fee combines all the bills and costs of living in a house and covers all maintenance, house-keeping, your meal plan, water, cable, electricity, unlimited use of common spaces and campus amenities and much more. The monthly service fee amount is based on the contract option, size of your floor plan and whether or not you live with a second person. (Note: a second person pays a significantly lower monthly fee.) It's also important to remember that when you choose an independent living floor plan, you're locking in your rate. So, picking a smaller floor plan now might be a better long-term financial move.

### VALUE OF LIFE CARE

Life Care has profound advantages and guarantees, but at first glance, it can seem a little complex. To help, here's a high-level explanation of how Life Care works:



- **Savings:** You'll see substantial savings compared to the average cost of private assisted living, memory care and skilled nursing.
- **Asset preservation:** By paying lower prices for higher levels of care, you're preserving your assets over your lifetime.
- **Tax savings:** A portion of your entrance fee and monthly fee could be tax-deductible as a prepaid health cost. As with all financial decisions, check with your financial and tax advisors first before you decide.
- **Peace of mind:** Your family members won't have to worry about what your next move will be if your physical or mental health changes. Plus, by pre-planning your future now, you're maintaining control over those decisions.

### EXPLORE OUR LIFE CARE COMMUNITY

We know that moving to a senior living community is an important decision, and we want you to feel confident that you're making the right choice for you. Start your new year off right by visiting [FVBradenton.com/events](http://FVBradenton.com/events) to attend one of our upcoming luncheons, or schedule a tour today by calling 941-231-7434.



Freedom Village  
of Bradenton



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Managed by  
Life Care Services®

# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

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

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

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

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.
8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.
9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the Cleveland Clinical Journal a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.
10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one

**727-771-5053**

# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. <sup>11</sup>*I am not saying this because I am in need, for I have learned to be content whatever the circumstances.* <sup>12</sup>*I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.* <sup>13</sup>*I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: <sup>6</sup>*But godliness with contentment is great gain.* <sup>7</sup>*For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for more in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need more in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having more will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, <sup>15</sup>*Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:



- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

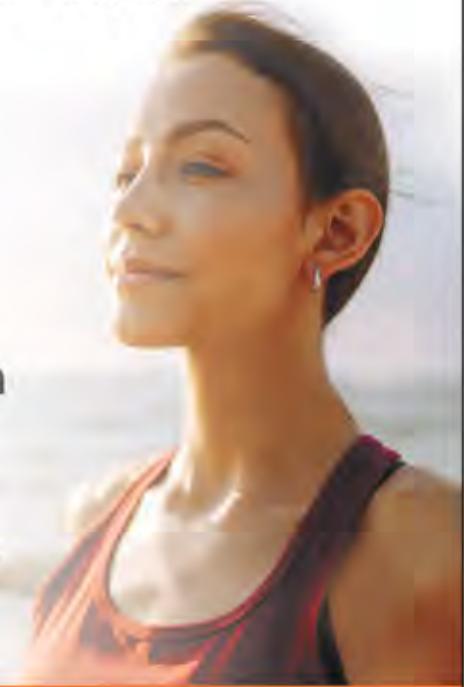
As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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Diagnosis**



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5-year  
survival

Disclaimer: These figures are general averages and vary by cancer type. Survival rates vary significantly based on cancer type, individual health factors, and available treatments. The statistics referenced are general averages across multiple cancer types and should not be interpreted as specific medical guidance. For personalized health assessments, please consult a licensed medical professional.

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