

T A M P A B A Y ' S

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

April 2026

Tampa Bay Edition - Monthly

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TREATMENT?**



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Request a time should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need care immediately since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 911.

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

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

## Knowledge Is Your Greatest Health Asset

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

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

## Comprehensive Screening Without Compromise

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

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

1 in 2 Men.  
1 in 3 Women.  
Will Develop Cancer

Most don't know until it's too late.

Don't wait for symptoms.

BodyView

## 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.*

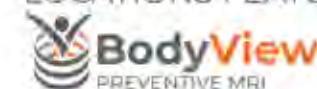
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# ARE CERTAIN ALTERNATIVE THERAPIES EFFECTIVE FOR PRIMARY CANCER TREATMENT?

**H**ow does cancer start? There are several leading theories that explain different ways that cancer may develop.

Among them are the Somatic Mutation Theory (SMT) — that cancer arises from a buildup of changes in a single cell, caused by such factors as genetics, aging or exposure to harmful chemicals. The Tissue Organization Field Theory (TOFT) suggests that cancer is driven by disruptions in tissue interactions — meaning that different parts of the body that normally work together aren't communicating or functioning properly.

Many standard cancer treatments are based on the SMT and target the DNA of cancer cells. For example, chemotherapy, radiation therapy and immunotherapies aim to destroy or slow the growth of cancer cells.

A 2024 study introduced the Mitochondrial-Stem Cell Connection (MSCC), a theory suggesting that when stem cells don't produce energy properly, they may begin to behave abnormally and could develop into cancer-forming cells. This is an emerging idea that researchers are still studying to better understand how cancers start and grow.

Some experimental approaches based on the MSCC theory aim to limit the energy cancer cells use.

While these treatments may have positive impacts in certain settings, it is still unproven whether they are effective for most patients with cancer; large-scale studies in humans are needed.

None of the following have been proven to be effective, especially as a primary cancer treatment:

- High-dose vitamin C has been studied for decades but has not shown to be effective in treating cancer.
- Ivermectin tablets are approved by the FDA to treat certain conditions caused by parasitic worms, and some topical forms are approved to treat head lice and other skin conditions. Phase 1 and 2 clinical trials show limited or no antitumor activity in humans with advanced cancer.
- Mebendazole is an oral medication used to treat parasitic worm infections, such as pinworm or roundworm. It works by stopping the worms from absorbing sugar (glucose), which they need to survive, eventually killing them. Researchers are exploring whether it may help slow the growth of certain cancer cells. However, a recent Phase 2 clinical trial showed no anticancer activity from its use in treating gastrointestinal cancers.

- Vitamin D and other vitamins and minerals may be combined with traditional cancer treatments after all drugs have been reviewed for possible interactions.

In addition to the lack of data supporting the effectiveness of these treatments, there are potential side effects and risks:

- High-dose vitamin C given intravenously can potentially cause kidney stones or heart problems and can sometimes promote cancer growth.
- Too much vitamin D may be dangerous, and overdose can lead to calcium buildup and kidney failure.
- Ivermectin in high doses can cause neurological side effects.
- Mebendazole can cause liver damage or low white blood cell counts, making infections worse.

Depending on the cancer diagnosis and genetic testing, treatment selection will vary. Currently approved treatments have been tested in robust clinical studies and shown to be effective.

The following are general recommendations that can enhance well-being and help to minimize side effects for patients during cancer treatment:

- 1. Maintain a healthy, balanced diet** focusing on whole foods, and limit intake of highly processed products or foods high in sugar.
- 2. Regular exercise**, including walking, yoga and Pilates, can help increase activity.
- 3. Various vitamin, mineral or herbal supplements** may be complementary to cancer treatment. Daily doses should remain within the recommended dietary allowances. Inform your health care providers of any new vitamins, supplements or alternative treatments before starting them to accurately investigate any possible interactions.
- 4. Aromatherapy with essential oils**, meditation or other alternative practices may be beneficial.

It is important to review all the facts and talk with your health care team to determine if an alternative treatment is right for you. False hope in a treatment that has not been shown to be safe and effective can potentially delay the start of a therapy proven to be effective — leading to poor outcomes.

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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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# THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

**O**ur skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

## Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

## The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



- **Expert Guidance on Products and Treatments:** The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

## Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

## The Art of Dermatology Difference

At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology.



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# The Hidden Stress of Hearing Loss

**S**tress is a part of everyday life. Work, relationships, and health concerns can all contribute to rising stress levels. But one often-overlooked cause of stress is **hearing loss**.

Hearing is essential for communication, and when it declines, everyday interactions become more difficult. Struggling to understand speech, missing important details, and feeling isolated can all lead to **increased anxiety, frustration, and even physical health problems**.

April is **Stress Awareness Month**, a time to recognize the impact stress has on our well-being. Understanding the link between **hearing loss and stress** is an important step toward improving overall health and quality of life.

## How Hearing Loss Contributes to Stress

Hearing loss develops gradually, and many people don't realize how much effort they're putting into listening until fatigue sets in. This phenomenon, known as **listening fatigue**, occurs because the brain works harder to fill in the gaps when hearing isn't clear.

The result? **Mental exhaustion, frustration, and heightened stress levels**—all of which can take a serious toll on overall well-being.

## Social Anxiety and Isolation

One of the most common effects of hearing loss is **social anxiety**. When people struggle to hear conversations, they often feel embarrassed asking others to repeat themselves. Instead of participating in discussions, they may choose to withdraw from social situations altogether.

This avoidance can lead to **loneliness and isolation**, both of which have been linked to increased stress and depression. A study from the *National Institute on Deafness and Other Communication Disorders* (NIDCD) found that **older adults with hearing loss are more likely to experience depression than those with normal hearing** (NIDCD, 2021).

## Workplace Stress and Cognitive Overload

Hearing loss doesn't just affect social life—it can also impact job performance. Employees who struggle to hear clearly may experience **chronic stress due to misunderstandings, difficulty following conversations, and decreased productivity**.

According to a study by the Better Hearing Institute, **people with untreated hearing loss can earn up to \$30,000 less per year than those who treat their hearing loss** due to reduced workplace effectiveness (*Better Hearing Institute, 2011*). The fear of missing important details or appearing less competent can create ongoing anxiety.

Additionally, untreated hearing loss **increases cognitive load**, meaning the brain has to work harder to process sound. This extra strain can lead to **memory issues, difficulty concentrating, and mental fatigue**, making daily tasks even more stressful.

## The Physical Toll of Stress and Hearing Loss

Stress doesn't just affect emotions—it also has a direct impact on physical health. When the brain is constantly under pressure to interpret unclear sounds, the body responds by releasing **cortisol, the primary stress hormone**.

Over time, elevated cortisol levels can contribute to:

- **High blood pressure**
- **Increased risk of heart disease**
- **Weakened immune function**
- **Poor sleep quality**

A study published in *JAMA Otolaryngology* found that **untreated hearing loss is associated with a 21% increased risk of developing chronic stress-related conditions, including high blood pressure and heart disease** (Contrera et al., 2017).

## Hearing Loss, Stress, and Cognitive Decline

One of the most concerning links between hearing loss and stress is its effect on **brain health**. Research from Johns Hopkins University found that **even mild hearing loss doubles the risk of dementia, while moderate to severe hearing loss increases the risk up to five times** (Lin et al., 2011).

When hearing loss goes untreated, the brain receives less auditory stimulation, which can lead to cognitive decline. Combined with stress and social withdrawal, this creates a **dangerous cycle that accelerates memory loss and mental decline**.

## Reducing Stress Through Better Hearing

The good news is that **treating hearing loss can significantly reduce stress and improve quality of life**. Modern hearing aids enhance clarity, reduce background noise, and help people engage more comfortably in conversations.

Here's how improving hearing health leads to less stress:

1. **Effortless Communication** – Conversations become easier, reducing frustration and fatigue.
2. **Increased Social Confidence** – People feel more comfortable engaging in social settings and reconnecting with loved ones.
3. **Lower Cognitive Load** – The brain no longer has to work overtime to interpret sounds, improving mental clarity.
4. **Better Sleep and Relaxation** – Less daily stress leads to improved sleep quality and overall well-being.
5. **Improved Workplace Performance** – Clearer hearing means better communication, leading to less anxiety at work.

## Take Action for a Stress-Free Life

If you've noticed increased stress, frustration, or fatigue due to hearing difficulties, now is the time to take action. A comprehensive hearing evaluation can determine the best solution to help you **hear clearly, feel less stressed, and improve your overall health**.

At **AudioNova**, we specialize in helping people reconnect with the world through expert audiology care. Our team of **Doctors of Audiology** provides personalized solutions using the latest hearing technology.

This **Stress Awareness Month**, take a step toward a **healthier, more stress-free life**. A simple hearing test could be the key to reducing stress, improving brain health, and bringing joy back to everyday interactions.

**Schedule a free hearing test today and take control of your stress and hearing health.**

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# Accessible Emergency Care For Our Community

Whether a visit to the hospital emergency room or a freestanding emergency department (FED), emergency services are essential components of any community's infrastructure.



What's the difference between an FED and an urgent care center?

## FEDs

- ✓ Physician on site 24/7
- ✓ Providing stabilizing care for life-threatening injuries
- ✓ Providing stabilizing care for stroke
- ✓ Advanced life-saving measures including full-service imaging (CT Scans, X-rays, Ultrasounds)
- ✓ Broken bones, severe cuts or lacerations
- ✓ Providing stabilizing care for chest pain
- ✓ Trouble breathing

VS

## Urgent Care Centers

- ✓ Set hours
- ✓ Physician, physician assistant or nurse practitioner
- ✓ Non Life-threatening injuries
- ✓ May or may not have x-ray capabilities
- ✓ Sprains or strains
- ✓ Minor cuts
- ✓ Allergies or wheezing

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# EMPOWERING WOMEN: Addressing Genitourinary Syndrome of Menopause with the MonaLisa Touch System

By Parveen Vahora, M.D.

As women transition through menopause, they may experience a range of symptoms related to hormonal changes, including genitourinary syndrome of menopause (GSM). GSM encompasses various vaginal and urinary symptoms, including vaginal atrophy and dyspareunia, which can significantly impact the quality of life. In this article, we'll explore the prevalence of GSM, its impact on women's health, and the role of the MonaLisa Touch system in alleviating symptoms and promoting overall wellbeing.

## Understanding Genitourinary Syndrome of Menopause (GSM)

GSM is a common condition affecting menopausal and postmenopausal women, characterized by a constellation of symptoms resulting from estrogen deficiency. These symptoms may include vaginal dryness, itching, burning, dyspareunia (painful intercourse), urinary urgency, frequency, and recurrent urinary tract infections (UTIs).

According to a study published in the American Journal of Obstetrics and Gynecology, GSM affects up to 50% of postmenopausal women, with symptoms ranging from mild to severe. The prevalence of GSM tends to increase with age, significantly impacting the quality of life and sexual function of affected individuals.

## Vaginal Atrophy and Dyspareunia: Addressing Unmet Needs

Vaginal atrophy, a hallmark feature of GSM, results from a decrease in estrogen levels, leading to thinning, drying, and inflammation of the vaginal tissues. This can cause discomfort, pain, and bleeding during intercourse, contributing to sexual dysfunction and relationship strain.

Dyspareunia, or painful intercourse, is a common complaint among women with GSM, affecting intimacy and overall sexual satisfaction. Studies have shown that up to 75% of postmenopausal women experience dyspareunia due to vaginal atrophy and GSM-related changes.

## The MonaLisa Touch System: Restoring Vaginal Health

The MonaLisa Touch system offers a minimally invasive, non-hormonal solution for addressing vaginal atrophy and dyspareunia associated with GSM. This innovative laser therapy utilizes fractional CO2 laser technology to rejuvenate vaginal tissues, stimulate collagen production, and improve vascularization.

Clinical studies have demonstrated the efficacy and safety of the MonaLisa Touch system in alleviating GSM symptoms and restoring vaginal health. A randomized controlled trial published in Menopause: The Journal of The North American Menopause Society reported significant improvements in vaginal dryness, dyspareunia, and overall sexual function following MonaLisa Touch treatment.

Furthermore, research published in the Journal of Clinical Medicine found that women treated with the MonaLisa Touch system experienced a significant reduction in vaginal pH, indicating improved vaginal health and mucosal integrity. This suggests that MonaLisa Touch therapy may not only relieve symptoms but also enhance the natural protective mechanisms of the vaginal mucosa.

## Empowering Women to Seek Help

It's crucial for women experiencing symptoms of GSM to seek medical advice and explore treatment options without hesitation or embarrassment. Addressing vaginal atrophy and dyspareunia can improve not only sexual function but also overall quality of life and emotional well-being.

As healthcare providers, we encourage open communication with patients about their gynecological health concerns and emphasize the importance of seeking timely evaluation and management. The MonaLisa Touch system offers a safe, effective solution for women seeking relief from GSM symptoms, with minimal discomfort and downtime.

GSM is a prevalent and often underdiagnosed condition that can significantly impact women's health and quality of life during and after menopause. The MonaLisa Touch system provides a promising therapeutic option for addressing vaginal atrophy and dyspareunia, restoring vaginal health, and empowering women to reclaim their sexual wellness and overall well-being. If you or someone you know is experiencing symptoms of GSM, don't hesitate to seek medical advice and explore treatment options tailored to your needs and preferences. Your health and happiness matter; you deserve to live life fully. Now, book your consultation with Dr. Vahora for your genitourinary syndrome of menopause or painful intimacy.

You can schedule your yearly wellness exam or your consultation online at <https://parveenvahoramd.com>

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**New Provider: My name is Anaidiel "Annie" Beltran.** I have been in the healthcare field for over ten years. I initially graduated from The University of Tampa with a bachelor's degree in nursing. I first worked as a cardiac ICU nurse at a level I trauma center. While I enjoyed and learned working as an ICU nurse, I decided I wanted to have a more active role in the care and decision-making of my patients. I returned to The University of Tampa to complete my master's degree in nursing. As a nurse practitioner, I have worked in primary care, tending to patients of all ages. I am truly grateful for this new opportunity to work in women's health. I am passionate about educating my patients about how to best care for their health so they can live long, healthy lives.

I am originally from Cuba but call Tampa my home. I am fluent in English and Spanish. In my free time, I enjoy spending time with my family. My young daughter keeps me busy but is the love of my life.



**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 postmenopausal 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.



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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.

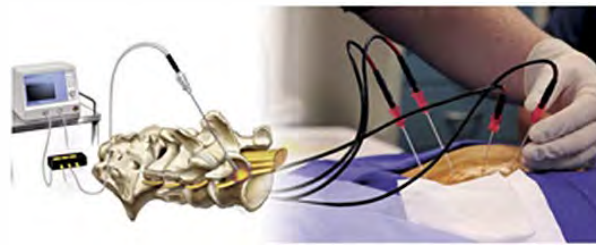
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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

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

## The National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558  
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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
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

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

## Reference:

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

 **Hyperbaric Centers of Florida**  
www.hyperbariccentersofflorida.com

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

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

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

## A Comprehensive Suite of Innovative Treatments

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

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

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

## Patient-Centered Care: Beyond Treatment

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

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

## The Science of Regenerative Medicine

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

## A Vision for Transformative Healthcare

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

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

## About Infinity Medical Institute

Pioneers in Integrative Medicine, Infinity Medical Institute is a company dedicated to benchmarking health in concert with breakthroughs in education through



science. Understanding where individuals are in their "Life Cycle" as opposed to treating symptoms that are often an expression of a greater challenge they are experiencing with their bodies at the cellular level. A new approach in health and wellness based on recently made available research, allowing us to understand the differences in Biological Age as compared to Chronological Age.

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

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



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# REBUILD YOUR BRAIN™

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William J. Cole, Jr., DO, FAASCP

Double Board-Certified in Regenerative Medicine & Interventional PM&R | Founder | TheStemCellDoctors.com® | RegenaMed® | kNOWPAIN® Institute

**TOP**  
**DOCTOR**  
MAGAZINE

There are moments in life when everything changes.

Sometimes it's a diagnosis that stops you in your tracks.

Multiple Sclerosis.

Parkinson's.

Alzheimer's.

Dementia.

Traumatic Brain Injury.

Long-COVID Brain Fog.

Other times, it begins quietly.

You walk into a room and forget why.

You lose your train of thought mid-sentence.

You search for a word you've used your entire life.

Your sleep becomes fractured.

Your mood shifts.

Your clarity fades.

And eventually the question rises inside you:

Is this my new normal?

Let me say something bold.

Your brain is not broken.

It just has a short in the wiring that needs fixed, as "The Body Was Designed to Be Rebuild."

For decades, patients were told the brain does not regenerate.

That neurons do not grow back.

That degeneration is permanent.

Manage it.

Medicate it.

Slow it down.

Prepare for decline.

But what if decline is not destiny?

The brain was engineered to adapt, reorganize, and regenerate.

And I know this not just as a physician... but as a patient.

There are moments when life divides into before... and after.

Traditional neurosurgeons recommended a four-level cervical fusion with a low projected success rate. That surgery would likely have ended my career.

Mine happened when I woke up from cervical spinal decompression surgery for massive bone spurs crushing my right C-7 nerve root.

For 30 days and 30 nights before that surgery, I did not sleep.

Not "poor sleep."

Not "interrupted sleep."

I did not sleep.

If you've ever been there, you know what happens next:

You stop thinking clearly.

You stop healing.

You stop functioning.

You stop being You.

When I leaned forward post-surgery, I felt a ripping sensation deep in my neck. Then electric, cattle-prod neurologic pain shot down my arms and legs with searing intensity.

True neurologic pain is different.

It is relentless.

It is merciless.

I reached up to touch my Standard Operating Procedure neck safety collar.

It wasn't there.

And in that moment I asked:

Is this the end of my career and my ability to walk?

Will I be able to hug My Lovely Wife and kids again?

That was not a physician thinking.

That was a husband.

A father.

A man staring into uncertainty.

Instead, I chose regenerative intervention.

A series of Ultra-PRP epidural procedures rebuilt my spinal cord.

It restored function.

It restored sleep.

It restored hope.

It restored my life.

And that experience forced me to ask a bigger question:

If we can rebuild the spinal cord... why not rebuild the brain?

Millions suffer from neurological disorders labeled "progressive."

Multiple Sclerosis.

Parkinson's disease.

Alzheimer's and Dementia.

Traumatic Brain Injury.

Post-concussive syndrome.

Long-COVID neurological dysfunction.

Age-related cognitive decline.

Traditional medicine suppresses symptoms.

We activate regeneration.

At TheStemCellDoctors.com®, our mission is clear:

"Have the Body Heal the Body®."

There is nothing on God's green earth that can heal the body better than the body... Nothing.

Rebuild Your Brain™ utilizes Advanced Regenerative Technologies combined with Proprietary Procedures, Protocols, and Products designed to:

- Remove and replace dead or dying cells
- Activate reserve regenerative cells
- Enhance neurovascular circulation
- Reduce neuro-inflammation
- Stimulate synaptic reconnection
- Strengthen neural network communication
- Build Shortcuts that yield Higher Brain Functions and Core Intelligence

Brain reconstruction follows biological phases.

**Phase One: Cranial Nerves Reawaken.**

Sight sharpens.  
Smell returns.  
Taste improves.  
Sound clarifies.  
Balance stabilizes.

**Phase Two: Brainstem Stabilizes.**

Critical in Parkinson's and motor disorders.  
Motor control improves.  
Sleep patterns regulate.  
Autonomic function recalibrates.  
Balance returns.

**Phase Three: Frontal Lobe Reengages.**

Memory sharpens.  
Focus strengthens.  
Executive function improves.  
Families often say, "You seem like yourself again."

**Phase Four: Nano Biologics reach every corner of the brain.**

At the cellular level, regenerative signaling extends into deeper neural networks as brain rewired is achieved — supporting complete transformation of mental capacity.

This is not about survival.

It is about restoring Quality in Life.

With over 100,000 interventional procedures performed throughout my career, our "Customized Regenerative" programs have helped thousands reclaim clarity, confidence, and independence.

Patients report improved cognition, stronger memory, reduced tremors, better balance, deeper sleep, stabilized mood, and renewed purpose.

No outcome is guaranteed.



But precision, placement, protocol, and patient-first care are guaranteed every time.

The brain is not a machine.

It is a living, adaptive, electrical, biochemical miracle with built-in neuroplasticity that facilitates brain regeneration.

When inflammation decreases and neural signaling strengthens, the brain does what it was designed to do:

It rebuilds.

Medicine must evolve.

Not more pills.  
Not more decline.  
Not more fear.

Find it.  
Fix it.  
Restore function.  
Restore "Quality in Life."

If you or someone you love is facing MS, Parkinson's, Alzheimer's, Dementia, TBI, or Long-COVID Brain dysfunction — do not accept decline as destiny.

Visit [TheStemCellDoctors.com](http://TheStemCellDoctors.com)®, "[kNOwPAIN.com](http://kNOwPAIN.com)" & [RegenaMed.US](http://RegenaMed.US).

\*Look for the upcoming "kNOwPAIN" Trilogy Book Series, and "MAX Life AI" for your Life-Changing Plan for Health

Read the science.  
Review the testimonials.  
Ask better questions.

Schedule an in-house or Zoom appointment to accommodate all patients nationwide and internationally.

Phone: 941-371-7171  
HQ - Sarasota, Florida

You Deserve Better.

The Future You is waiting....As am I, so Don't Wait. Make your consultation for your "Better Brain" with Dr. Cole now.

*Regulatory Disclaimer: This article is for educational purposes only and is not medical advice. A proper doctor-patient relationship and evaluation are required before treatment. Some regenerative therapies may not be FDA-approved for specific indications. Individual results vary.*

*All Regenerative Treatments are registered under an IRB-approved experimental study compliant with state and federal laws, legally performed by B.C. doctors under Florida Statutes, and ethically sourced. Testimonials reflect individual results, and there is no guarantee of outcomes.*

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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**

# FINDING A HEALTHY TEMPO FOR LIFE

By Pastor Tim Neptune

**I**n today's fast-paced world, everyone seems constantly busy and exhausted. Technology, meant to simplify life, has only accelerated our schedules, allowing us to pack even more into each day. We are not only busy—we are tired.

Many can relate to Job's ancient words: "I have no peace, no quietness; I have no rest, but only turmoil" (Job 3:26). What many of us need to do is discover a sustainable rhythm for life. It is time to step off the merry-go-round of overcommitment and find a pace we can maintain for the long haul.

Jesus' words to the Pharisees in Matthew 23:25-26 remind us that internal health matters as much as external appearance. We spend hours perfecting our looks—clothes, hair, makeup, workouts—yet often neglect the soul and spirit that define who we are. Just as musicians use a metronome to set the proper tempo, our lives need a balanced rhythm. Living life at full throttle leads to burnout; our bodies require rest.

The story of Martha and Mary in Luke 10:38-42 illustrates this truth perfectly. As Jesus visited their home, Martha hurried about with preparations while Mary sat at the Lord's feet, listening. Frustrated, Martha complained that her sister had left her to do all the work alone. Jesus replied gently, "Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Martha was doing good things—serving and hosting—but at the wrong time. In the presence of Jesus, the most important priority was sitting and listening to Him. This encounter was the last time Jesus would visit their home on earth. Sometimes we must choose between two good options, and the better choice is the one that draws us closer to God.



An unhealthy pace affects more than our bodies. It drains us mentally, emotionally, and spiritually, making it difficult to love God with all our heart, soul, mind, and strength (Mark 12:30). Solomon warned, "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23).

Who is setting the tempo of your life? Cultural expectations, family pressures, and personal ambitions can push us into unsustainable rhythms. If you find yourself feeling overwhelmed, stressed, or exhausted, ask yourself: What is truly important now? Eliminate non-essentials and focus on what matters most.

If we lose our "why," we eventually lose our way. Busyness can lead to barrenness, leaving us empty inside. The invitation is to slow down, guard our internal life, and choose the better part—like Mary did.

Take a moment to ponder whether your current pace is healthy and sustainable. Put away distractions, especially phones, and make the most of precious moments with family. Technology is useful, but it should never replace real connection. Finding a healthy tempo allows us to endure for the long haul and experience the full life Jesus offers.

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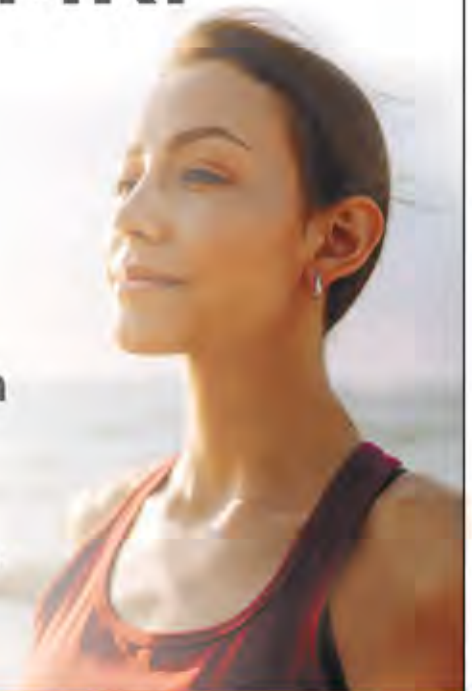
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Disclaimer: These figures are general averages and vary by cancer type. Survival rates vary significantly based on cancer type, individual health factors, and available treatments. The statistics referenced are general averages across multiple cancer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

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