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

June 2026

Tampa Bay Edition - Monthly

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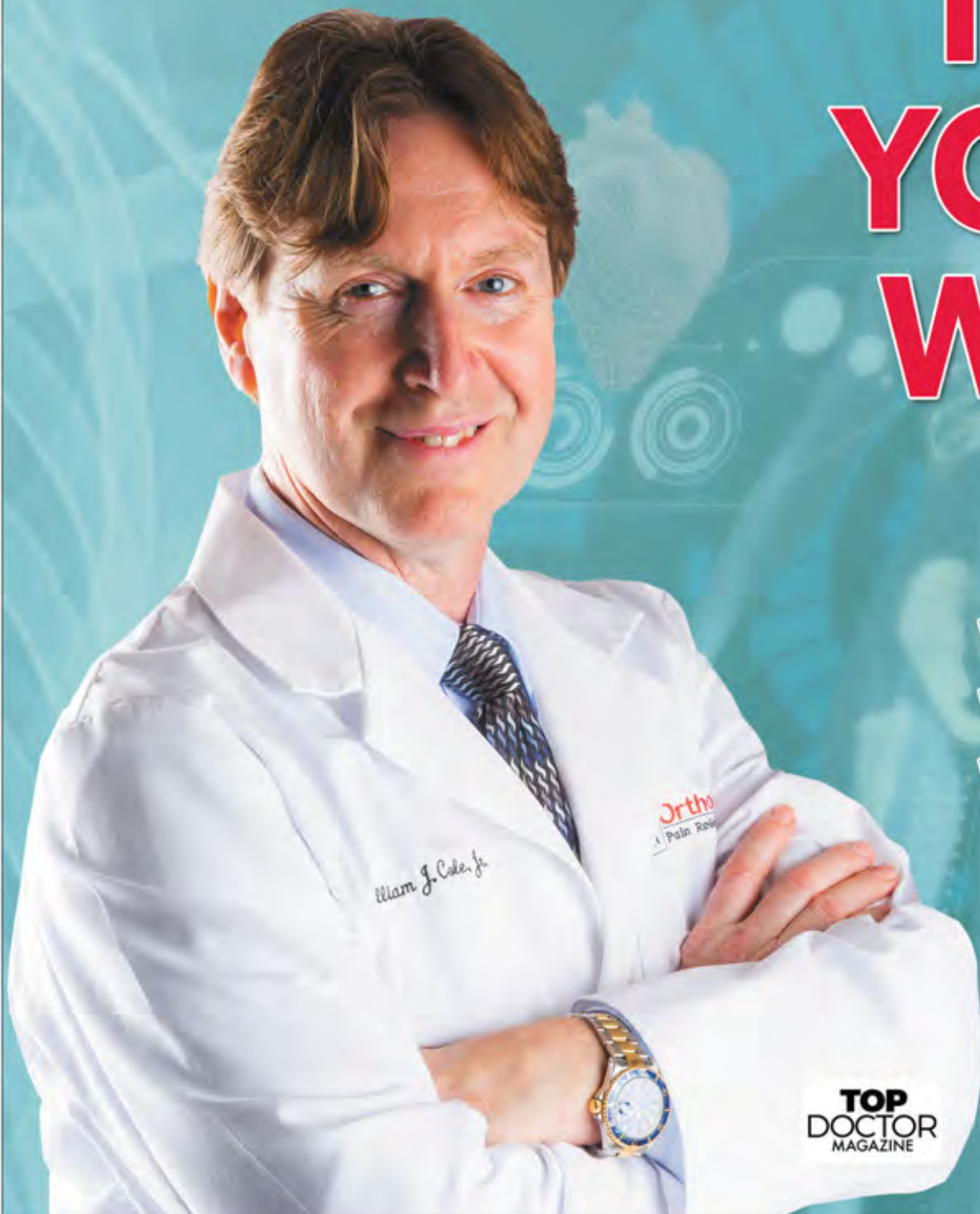
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# Take Control of Your Health with BodyView Preventive MRI by Encore Imaging

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.*

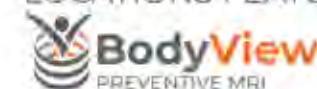
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# THE POWER OF SUNSCREEN: PROTECTING SKIN, PREVENTING CANCER

**F**ew skincare products wield as much power and promise as sunscreen. It's not just about avoiding a nasty sunburn — sunscreen is your first line of defense against skin cancer, the most common cancer in the U.S. for both men and women. Navigating the sunscreen aisle can be a daunting task.

## Decoding the labels: What matters most

When it comes to sunscreen, knowledge is power.

- **Start by deciphering the label.** Look for "broad-spectrum protection" to ensure you're defended against both ultraviolet A (UVA) rays, which can lead to skin damage that causes wrinkles and sunspots, and ultraviolet B (UVB) rays, which are more likely to cause a sunburn.
- **Opt for an SPF (sun protection factor) of at least 30,** as recommended by the American Academy of Dermatology, and avoid being swayed by higher numbers. At a certain point, additional protection is minimal.
- **Water resistance is crucial for beach days or intense workouts,** while active ingredients such as zinc oxide and avobenzone effectively shield your skin from harm. Exploring sunscreen varieties: Finding your perfect match

Sunscreen isn't one-size-fits-all.

Mineral sunscreens use active ingredients like zinc oxide and titanium dioxide to protect skin by sitting on the surface and physically blocking or scattering UV rays. They start working immediately after application and are often recommended for sensitive skin because they're less likely to cause irritation. Some formulas can feel thicker or leave a white cast, although newer versions are designed to blend more easily into the skin.

Chemical sunscreens, by contrast, use organic filters that absorb into the top layers of skin. They tend to feel lighter and go on more transparently, making them popular for everyday wear and under makeup.

Both mineral and chemical sunscreens can provide strong, broad-spectrum protection when properly formulated and applied regularly. For those wanting both comfort and effectiveness, sunscreens that combine mineral and chemical filters offer the perfect balance.

## Mastering sunscreen practices: Your skin's daily ritual

The key to sunscreen success lies in practice.

Don't skimp — slather on that sunscreen liberally, ensuring that every inch of skin exposed to sunlight gets its due. And remember, reapplication is non-negotiable, especially after a dip in the pool or a sweaty workout. Keep an eye on expiration dates, too.



Tailor your choice of formulation to your skin type and lifestyle — whether it's a lotion for everyday wear, a powdered sunscreen (which is also great for your scalp) or a spray for on-the-go touch-ups, there's a sunscreen out there for everyone.

Consistent use of sunscreen is a crucial part of a healthy skincare routine. It plays a pivotal role in protecting your skin from short-term damage and long-term health risks associated with UV exposure. For skin cancer prevention, its benefits are vital. Next time you grab sunscreen, remember it's not just about protecting your skin; it's about keeping it strong.

## Know the Signs, Share the Protection

Florida Cancer Specialists & Research Institute (FCS) urges everyone to talk with their physician about the importance of using sunscreen, skin cancer screenings and recommended guidelines.

Stay aware of skin cancer signs and teach loved ones the importance of using sunscreen to stay safe.

- **Avoid peak sun hours:** Limit exposure to the sun between 10 a.m. and 4 p.m., when the sun's UV rays are strongest.
- **Wear protective clothing:** Wear lightweight, long-sleeved shirts and pants, a wide-brimmed hat and sunglasses to cover as much skin as possible.
- **Seek shade:** Use umbrellas, trees or other shelters when outdoors.
- **Avoid tanning beds and other artificial tanning lamps:** UV radiation from tanning beds can increase your risk of skin cancer.
- **Conduct regular skin checks:** Perform self-examinations monthly and report any changes to your dermatologist or provider. Look for new growths, changes in existing moles or any sores that don't heal.

- **Know your skin type:** People with fair skin, freckles or a history of severe sunburns (especially in your younger years) are at higher risk and should take extra precautions. Did you know that just one blistering sunburn during childhood can nearly double your chances of developing melanoma, the most dangerous form of skin cancer?
- **Eat a healthy diet:** Maintain a plant-based diet rich in antioxidants, which can help protect and strengthen your skin. Foods high in antioxidants include fruits, vegetables, nuts, seeds and whole grains.
- **Hydrate:** Drink plenty of water to keep your skin healthy and resilient.
- **Avoid smoking:** Smoking and other tobacco products can increase the risk of developing skin cancer, especially on the lips, and affect the skin's healing process.

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# MEN'S HEALTH MONTH:

## Addressing Urinary Health with Emsella Treatment for Both Men and Women

By Parveen Vahora, M.D.

June marks Men's Health Month, a time dedicated to raising awareness about preventable health problems and encouraging early detection and treatment of diseases among men. While conversations around men's health often focus on cardiac issues, cancers, and mental wellness, pelvic floor health remains an underaddressed yet critical component of men's overall well-being.

### Breaking the Silence on Pelvic Health

Many men experience urinary incontinence, nocturia (frequent nighttime urination), and erectile dysfunction but hesitate to seek treatment due to embarrassment or the misconception that these conditions are inevitable parts of aging. Similarly, women face pelvic floor challenges throughout their lives, especially after childbirth and during menopause. These issues affect not only physical health but can significantly impact quality of life, relationships, and mental well-being for both genders.

"The stigma surrounding men's pelvic health issues prevents many from accessing effective treatments," notes Dr. James Wilson, a urologist specializing in men's health. "Men's Health Month provides an opportunity to normalize these conversations and highlight innovative solutions available today."

### Understanding Emsella:

#### A Non-Invasive Breakthrough for All

Emsella represents a significant advancement in treating pelvic floor dysfunction. This FDA-cleared device uses High-Intensity Focused Electromagnetic (HIFEM) technology to deliver thousands of supra-maximal pelvic floor muscle contractions in a single session—equivalent to performing approximately 11,000 Kegel exercises.

Initially gaining popularity for treating women's incontinence, Emsella has proven equally beneficial for men suffering from similar conditions. The treatment is completely non-invasive and remarkably convenient—patients remain fully clothed during the procedure and can immediately return to daily activities afterward.

### Benefits for Men's Health Concerns

For men specifically, Emsella addresses several common concerns:

**Urinary Incontinence:** Whether caused by prostate surgery, aging, or other factors, many men experience some degree of urinary leakage. Strengthening the pelvic floor muscles with Emsella can significantly reduce or eliminate these symptoms.

**Nocturia:** Frequent nighttime urination disrupts sleep and affects daytime functioning. By improving bladder control through enhanced pelvic muscle tone, Emsella helps reduce these disruptive episodes.

**Erectile Function:** The pelvic floor muscles play a crucial role in erectile function. Strengthening these muscles can improve blood flow to the genital area and enhance rigidity, addressing mild to moderate erectile dysfunction without medication.

### The Treatment Experience

An Emsella session typically lasts 30 minutes, with patients sitting fully clothed on the specially designed chair that houses the electromagnetic technology. Most treatment plans include six sessions over three weeks, with many patients reporting improvements after just a few sessions.

"What makes Emsella particularly suitable for men is its dignity-preserving approach," explains physical therapist Sarah Chen. "There's no disrobing, no discomfort, and no downtime—patients can even read or work on their phones during treatment."

### Embracing Comprehensive Men's Health

This Men's Health Month, healthcare providers encourage a more holistic view of men's wellness that includes pelvic health. As awareness grows around non-invasive treatments like Emsella, more men may feel comfortable addressing issues they previously suffered in silence.

By strengthening the foundation of the pelvic floor, men can experience improved urinary control, better sleep through reduced nocturia, and enhanced sexual function—benefits that contribute significantly to overall quality of life and confidence.

The growing acceptance of treatments like Emsella signals a positive shift in men's health care—one that acknowledges the importance of addressing all aspects of physical well-being without stigma or shame.

### Contact Dr. Parveen Vahora for Emsella Treatment

If you're experiencing urinary incontinence, nocturia, or other pelvic floor issues, Dr. Parveen Vahora offers personalized Emsella treatment consultations. As a board-certified specialist committed to innovative, non-invasive solutions for both men and women, Dr. Vahora can help determine if this groundbreaking therapy is right for you.

Take the first step toward improving your pelvic health and quality of life by calling Dr. Vahora's office at 727-376-1536 or visiting ParveenVahoraMD.com.

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# WHAT YOU NEED TO KNOW ABOUT E-CIGARETTES AND VAPING AS SMOKING CESSATION TOOLS

**A**re you looking to quit smoking? Have you tried to quit several times with little to no success? Are you frustrated and running out of ideas that could help you kick the habit for good? You are not alone! In fact, 7 out of 10 tobacco users want to quit and may struggle with these same questions. Some tobacco users might be tempted to turn to electronic cigarettes (e-cigarettes, vape pens, and other vaping devices) to ease the transition from traditional cigarettes to not smoking at all.<sup>1</sup> Though this may seem like a novel option for some, the question we must ask is whether using e-cigarettes or vaping is better for you than using tobacco products. According to Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, there are several important factors to consider:

## 1. E-cigarette aerosol is NOT harmless “water vapor.”<sup>2</sup>

The aerosol used in e-cigarettes contains chemicals that can be harmful to health, including:

- Nicotine<sup>2</sup>
- Ultrafine particles that can be inhaled deep into the lungs<sup>2</sup>
- Flavorings such as diacetyl, a chemical linked to a serious lung disease<sup>2</sup>
- Volatile organic compounds<sup>2</sup>
- Cancer-causing chemicals<sup>2</sup>
- Heavy metals such as nickel, tin, and lead<sup>2</sup>

## 2. The nicotine in tobacco and vaping products is addictive.

According to Dr. Blaha, nicotine is a toxic substance that raises your blood pressure and spikes adrenaline which increases your heart rate and the likelihood of having a heart attack.<sup>1</sup> Emerging data also suggests links to chronic lung disease and asthma.<sup>1</sup>

## 3. Electronic cigarettes are just as addictive as traditional ones.<sup>1</sup>

Many e-cigarette users get even more nicotine than they would from a combustible tobacco product as many vaping devices offer extra-strength cartridges, which have a higher concentration of nicotine to get a greater hit of the substance. <sup>1</sup> This can be counterproductive to an individual’s goal to quit as higher doses of nicotine result in a stronger nicotine addiction.

## 4. E-cigarettes are not an FDA approved cessation tool.<sup>1</sup>

E-cigarettes have not received Food and Drug Administration (FDA) approval as smoking cessation devices.<sup>1</sup> There are many FDA approved products on the market that are effective for quitting nicotine including the nicotine patches, gum, and lozenges.

If you are a tobacco user looking to quit smoking, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, 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 session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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# Imagine Your Life Without Pain...

## Who Would You Be...? Where Would You Go...? What Would You Do...?

**TOP**  
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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

What if each day no longer began with stiffness, frustration, or limitation... but instead with energy, clarity, and freedom of movement?

What if your body supported your life... instead of restricting it?

What have you always dreamed of doing... but pain has quietly held you back from?

For millions of people, pain has become part of their identity. It dictates decisions. It limits possibilities. It slowly reshapes the way life is lived—physically, mentally, and emotionally.

But what if that story could change?

What if you could move toward a life filled with greater function, renewed purpose, and the ability to truly live again?

Would you like to know how to make that a reality with the most advanced, ethical, safe, effective, and proven regenerative treatments available today?

Then keep reading to discover how Dr. William J. Cole Jr., D.O. can help you change your life—physically and mentally—without drugs or surgery, working toward true Pain-Free Function, as a physician who is known as the doctor. "Who Loves Helping Others Live Better Lives."

### A New Way of Thinking About Health

Health is not unrealistic—it is biologically possible.

The human body was designed to repair itself.

Your body is constantly communicating with you. Pain is not the problem—it is a signal.

As Dr. Cole often says,  
"The Body Tells You What is Wrong... We Just Need to Listen."

### Why So Many People Stay Stuck

Pain → medication → surgery → temporary relief → worsening condition → medication → surgery...

Traditional medicine often treats symptoms and images, not causes and patients.

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- Improve healing
- Enhance Quality of Life

### Why Precision Determines Results

- No physical exam
- Incorrect diagnosis
- Poor placement

### Who Can This Help?

Rebuild Your Back™

Disc injuries, pinched nerves, failed surgery

### Rebuild Your Body™

Joint pain, arthritis, sports injuries, failed surgery

### Rebuild Your Brain™

Neurological conditions, cognitive decline, brain trauma, Long-COVID

### What Patients Are Experiencing

Sheila – resolution of dementia

Kim – walking, sleeping, working again

Norman – pain-free and active again

### It's About More Than Pain Relief

Real Function → Real Quality of Life

### Breaking Through the Barriers

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Add Quality to Your Life

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We invite you to experience the Infinity Medical Institute difference.

# THIS ALZHEIMER'S & BRAIN AWARENESS MONTH, DON'T OVERLOOK YOUR HEARING

June is Alzheimer's and Brain Awareness Month—a time dedicated to better understanding how we can protect and preserve brain health as we age. At AudioNova, we talk a lot about the connection between hearing loss and the brain, because one of the most common questions I hear from patients is: *"Is it true that hearing loss can lead to Alzheimer's?"*

The short answer is: **There is a strong connection between untreated hearing loss and cognitive decline, but the relationship isn't as simple as cause and effect.** And the good news? There's a lot we can do about it.

Let's unpack the research and clear up a few common myths.

## Myth #1: Hearing Loss Causes Alzheimer's Disease

This is one of the biggest misunderstandings I hear. While untreated hearing loss has been linked to an increased risk of dementia, including Alzheimer's, it's not accurate to say that hearing loss *causes* the disease. Alzheimer's is a complex neurological condition influenced by many factors—age, genetics, cardiovascular health, and more.

But what we do know is that hearing loss can be a **significant risk factor**. In fact, a major 2020 report from The Lancet Commission identified hearing loss as the **single most modifiable risk factor** for dementia. That means addressing your hearing loss is one of the most powerful steps you can take to protect your brain.

## Myth #2: Hearing Aids Are Just About Hearing

We often think of hearing aids as tools to help us hear conversations or watch TV more clearly. And while they do that, their benefits go far beyond sound.

When your hearing starts to decline, your brain works harder to fill in the gaps. This extra effort—called "cognitive load"—can reduce mental sharpness, memory, and energy over time. You may not even realize it's happening, but your brain is reallocating resources just to help you follow everyday speech.

Wearing hearing aids helps **relieve that mental strain**, freeing up your brain to focus on other tasks. Studies have shown that individuals who treat their hearing loss with properly fitted hearing aids experience **slower rates of cognitive decline**, maintain better social connections, and report higher overall quality of life.

## Myth #3: My Hearing Isn't Bad Enough to Worry About

This is something I hear all the time, especially from younger retirees or adults in their 50s and 60s. But here's the truth: **even mild hearing loss can increase your risk of cognitive decline** if it's left untreated.

The brain is highly adaptable, but it's also use-it-or-lose-it. If the auditory pathways in your brain aren't being stimulated regularly, they can begin to weaken. That's why early detection and treatment are so important.

I always recommend a **baseline hearing screening by age 55**—and sooner if you've noticed signs like turning up the TV, asking others to repeat themselves, or struggling in noisy environments. You don't have to wait until hearing loss is severe to take action.

## The Social Connection

One of the most overlooked consequences of hearing loss is how it impacts **social engagement**. When conversations become frustrating or exhausting, many people begin to withdraw—skipping out on dinners, avoiding phone calls, or feeling left out of family events. Over time, this isolation can lead to loneliness, depression, and increased risk of cognitive decline.

Maintaining strong social relationships is critical for brain health. That's why treating hearing loss is about more than just hearing—it's about **staying connected to the people and experiences that keep us mentally and emotionally well.**

## What the Latest Research Says

Recent studies continue to reinforce the link between hearing loss and brain function:

- A 2023 Johns Hopkins study found that older adults with untreated hearing loss were more likely to experience faster cognitive decline compared to those who wore hearing aids.
- Another large-scale study showed that **treating hearing loss reduced the risk of developing dementia by nearly 50%** in older adults with other risk factors.

These findings are not meant to alarm—they are meant to **empower**. Hearing care is one of the few areas of health where you can take simple, proactive steps to improve your long-term cognitive health.

## A Whole-Health Approach to Hearing

At AudioNova, we take a holistic view of hearing care. Our goal isn't just to help you hear—we want to help you live better, longer, and more connected. We work with all major hearing aid manufacturers to find the best solution for your **unique hearing profile, lifestyle, and budget.**

If you're already wearing hearing aids, make sure to schedule regular follow-ups to keep your devices performing at their best. If you've never had a hearing test, now is the perfect time to establish a baseline and take that first step toward protecting your brain health.

## Let's Hear It for Your Brain

This Alzheimer's and Brain Awareness Month, I invite you to think of your hearing not just as a sense—but as a **vital part of your brain's overall wellness.**

Whether you've noticed hearing changes or simply want to be proactive, we're here to help. A simple hearing screening could be the first step toward clearer sound, stronger connections, and a healthier future.

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# SUN SAFETY AND MELANOMA: PROTECTING FLORIDA'S SUN-LOVING COMMUNITY

**A**s June ushers in longer days and heightened sunshine across the Sunshine State, and as we celebrated Melanoma and Skin Cancer Awareness Month back in May, we want to continue this critical reminder for Floridians who face unique skin cancer risks. With Florida ranking second nationally for new melanoma cases, our focus on skin protection takes on special significance for our sun-drenched communities who need to remain vigilant about skin health education and prevention year-round.

## Florida's Skin Cancer Challenge

The statistics paint a concerning picture for Florida residents. Living in a state with year-round sunshine and outdoor activities places Floridians at elevated risk for skin cancers of all types. When detected early, melanoma has a 99% five-year survival rate, yet many cases go undiagnosed until more advanced stages, particularly among younger adults who may not consider themselves at risk.

Approximately one in ten Floridians has been diagnosed with skin cancer, with melanoma rates approximately 20% higher than the national average. Even more concerning, studies show nine out of ten Florida high school students don't regularly use sunscreen when outdoors, setting the stage for potential problems later in life.

## Prevention: Your First Line of Defense

For Floridians, skin cancer prevention requires vigilance beyond occasional beach days:

- Apply broad-spectrum sunscreen (SPF 30+) daily as part of your morning routine, even on cloudy days
- Reapply sunscreen every two hours during outdoor activities, particularly after swimming
- Schedule outdoor activities before 10 a.m. or after 4 p.m. when possible
- Wear UPF-rated clothing, wide-brimmed hats, and UV-protective sunglasses
- Perform regular skin self-examinations using the ABCDE method (Asymmetry, Border irregularity, Color variations, Diameter larger than a pencil eraser, Evolution/changes)
- Schedule annual professional skin screenings, especially if you have risk factors

## How Art of Dermatology Can Help

At Art of Dermatology, we provide comprehensive skin cancer services tailored specifically to Florida residents' needs. Our board-certified dermatologists offer:

- Thorough full-body skin examinations using advanced dermatoscopy technology
- Early detection screening programs for high-risk patients
- Specialized melanoma diagnostics and treatment planning
- Cutting-edge treatment options for all skin cancer types
- Customized prevention strategies based on your specific skin type and lifestyle
- Educational resources about sun protection specifically for Florida's climate
- Post-treatment monitoring and support

Our team understands Florida's unique challenges – from beach days to boating to year-round gardening – and works with you to develop realistic protection strategies that fit your lifestyle. We emphasize both early detection and prevention, knowing that consistent sun-safety practices can dramatically reduce your risk.

## Act This Summer

This summer is the perfect opportunity to prioritize your skin health. Schedule your annual skin check at Art of Dermatology and take advantage of our special awareness month initiatives:

- Complimentary skin cancer risk assessments
- Educational seminars on melanoma prevention
- Sunscreen samples and application demonstrations
- Family sun-safety planning sessions

Don't let Florida's beautiful sunshine become your skin's enemy. A proactive approach to skin cancer prevention and early detection can save lives – perhaps even your own. Contact Art of Dermatology today to schedule your comprehensive skin examination and learn how our specialized care can help protect you and your family from skin cancer.

Living in the Sunshine State brings tremendous joy, but it also requires smart sun strategies. This May, make skin cancer awareness a priority for yourself and those you love.

## 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. Call Art of Dermatology today for more information.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

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

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

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

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

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

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

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

References:

1. Z Ding, Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review, *Interv Neurol*. 2014 Aug; 2(4): 201-211.



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

**Currently, There Are 15 FDA Approved HBOT Conditions:**

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

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

**Common Off-Label Indications:**

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- 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.



[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)

# BEFORE IT'S TOO LATE:

## What you need to know about heat exhaustion

By Rick Weber

Southwest Florida's emergency rooms are gearing up for another sweltering summer. Except that this summer could be *even worse*.

The Centers for Disease Control and Prevention (CDC) puts it like this: "Heat-related illness (HRI) will continue to be a significant public health concern as climate change results in longer, hotter and more frequent episodes of extreme heat."

In Region 4—which includes Florida—the number of days that the HRI emergency department visit rate exceeded the 95th percentile nearly quadrupled in the most recent study, going from five in 2022 to 18 in 2023. Anyone can suffer from it, but children and adults with underlying health conditions, pregnant women, outdoor workers and males and adults aged 18–64 years are more susceptible.

Jason Craddock, Associate Professor of Exercise Science at Florida Gulf Coast University's Marieb College of Health & Human Services and a certified athletic trainer who has helped build athletic training programs, is trained to evaluate and treat individuals with Exertional Heat Illness (EHI)—a subset of HRI that specifically refers to a spectrum of conditions that are triggered by intense, strenuous physical activity (like running, heavy labor or military drills).

"Most people don't understand the initial signs of symptoms and how quickly they can progress through the different categories," he says. "That's because of the insidious nature of the symptoms. Some of the early warning signs and symptoms someone may experience—like thirst, headache and mild fatigue—are what a person may normally feel while being outside in Southwest Florida.

"If we look across the lifespan and the active nature of our population in Southwest Florida, our active older population may have overlapping medical conditions that exhibit some of the same signs and symptoms. And some medications may influence the body's natural thermogenic response to regulate heat through reduction in sweating or masking the early signs of EHI."

He said heat illness can progress from exercise-associated muscle cramps (acute, painful, involuntary muscle contractions arising during or after exercise) to heat syncope (collapsing in the heat, resulting in

loss of consciousness) to heat exhaustion (inability to continue exercise due to cardiovascular insufficiency) to exertional heat stroke (severe hyperthermia leading to overwhelming of the thermoregulatory system).

Here are the primary treatment recommendations for each stage, as issued by the National Athletic Trainers Association (NATA) in the *Journal of Athletic Training*:

- **Exercise-associated muscle cramps:** Stop exercising, provide sodium-containing beverages.
- **Head syncope:** Lay patient supine and elevate legs to restore central blood volume.
- **Heat exhaustion:** Cease exercise, remove from hot environment, elevate legs, provide fluids.
- **Heat stroke:** Immediate whole-body, cold-water immersion to quickly reduce core body temperature.

As an individual begins to show signs and/or symptoms of EHI, the failure to detect or treat it adequately can result in damage to the kidneys, brain, heart and muscles, according to the Mayo Clinic. Heat stroke—which happens when the body temperature rises above 104° and the brain begins to shut down—can be deadly if not treated immediately.

Exertional heat stroke, the third leading cause of mortality in athletes during physical activity, is the most severe manifestation of exertional heat illnesses, according to the National Institutes of Health (NIH).

In "Exertional Heat Stroke: Pathophysiology and Risk Factors," a 2022 paper published in *BMJ Medicine*, the NIH wrote, "Exertional heat stroke is characterized by central nervous system dysfunction in people with hyperthermia during physical activity and can be influenced by environmental factors such as heat waves, which extend the incidence of exertional heat stroke beyond athletics only.

"Epidemiological data indicate mortality rates of about 27%, and survivors display long-term negative health consequences ranging from neurological to cardiovascular dysfunction. The pathophysiology of exertional heat stroke involves

thermoregulatory and cardiovascular overload, resulting in severe hyperthermia and subsequent multi-organ injury due to a systemic inflammatory response syndrome and coagulopathy."

As a licensed (LAT) and Certified Athletic Trainer (ATC), one of Craddock's domains of practice is prevention. The idea is to ensure that someone doesn't suffer heat exhaustion, and if they do, ensure that it doesn't progress to heat stroke.

"I have had many opportunities to evaluate and treat individuals with EHI," he says. "The biggest impact is in the areas of prevention and early recognition. No matter the age of the athlete or individuals who work outside, acclimatizing is the best prevention.

"The National Athletic Trainers Association as well as the American College of Sports Medicine have issued position statements on how best to acclimatize and prepare athletes for participation in hot/humid climates. Those guidelines are posted in athletic facilities as well as given to athletes."

Craddock currently teaches courses in FGCU's Exercise Science program, which provides the opportunity for students to learn how the body responds to activity and exercise throughout the lifespan.

"We prepare our students to understand how the body responds physiologically to internal and external stressors," Craddock says. "This understanding is then applied specifically to different environmental exercise physiology parameters. We then utilize the resources from our professional governing bodies to guide our preparation for practice when our students advance into the field."

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# Learn How to Align Your Financial Health Long Term with Roth Conversions

By Rick Walker, Financial Planner & CPA, and Kimberlee Clark, Financial Planner - NaplesWealthStrategies.com

**T**hroughout our careers as financial planners & all of Rick's years as a CPA, we have regarded the payment of taxes as an awful byproduct of success in life. Whether it is earning a sizeable income, or having a large gain on investment, writing that check to the IRS can make you cringe, bringing stress and anxiety.

Today, we are addressing a tax problem that has been brewing for several years. More & more people are seeing their traditional IRA & 401(k) balances grow to larger amounts. Years down the road, whether withdrawing during your lifetime, or passing on to heirs, the taxes imposed can be shockingly enormous.

## WHY CONVERSIONS MATTER MORE THAN EVER!

A Roth conversion is one of the most powerful tools available for creating **long-term tax efficiency**. It allows investors to move money from pre-tax accounts—like a Traditional IRA or 401(k)—into a Roth IRA. Taxes are paid upfront on the converted amount, unlocking **substantial long-term benefits**.

First, we will address the impact during your lifetime, and secondly, we will address the impact to your heirs under the 10 Year Rule for beneficiaries.

### During your lifetime:

#### Tax-Free Growth and No RMDs

Once assets enter a Roth IRA, investments compound without future income taxation, and qualified withdrawals are entirely tax-free. Paying taxes today on a smaller balance is often far more advantageous than paying taxes later on a much larger account value. Additionally, Roth IRAs eliminate lifetime Required Minimum Distributions (RMDs), which force Traditional account holders to take taxable withdrawals starting at age 73 or 75. These mandatory distributions can create a "tax snowball," pushing retirees into higher tax brackets, increasing Medicare premiums (IRMAA surcharges), and causing more Social Security income to become taxable.

#### Strategic Execution

A Roth conversion acts as a hedge against future tax increases. Investors can proactively recognize income during "sweet spot" years when their tax bracket is temporarily lower, such as:

- \* Early retirement before Social Security begins
- \* Temporary drops in income
- \* Stock market downturns

Below are two examples of an average couple retiring in Florida at age 65 with 1 million dollars in their 401Ks, small pensions of \$1500/mo each, average social security income and expenses.

Year	Age	Social Security	Pension	Without ROTH Conversions			With ROTH Conversions			Total Portfolio
				Total Income Inflows	RMDs	Ending 401K Balance	RMDs	401(k) / 403(b)	Roth IRA	
2026	65/65	\$42,000	\$36,000	\$78,000	\$0	\$1,107,282	\$0	\$1,062,991	\$44,294	\$1,107,285
2030	69/69	\$79,475	\$39,600	\$119,075	\$0	\$1,664,532	\$0	\$1,331,626	\$332,910	\$1,664,536
2035	74/74	\$89,918	\$44,100	\$134,018	\$0	\$2,770,667	\$0	\$1,662,400	\$1,108,272	\$2,770,672
2040	79/79	\$101,734	\$48,600	\$150,334	\$168,476	\$3,767,764	\$73,164	\$1,480,833	\$2,694,479	\$4,175,312
2045	84/84	\$115,103	\$53,100	\$168,203	\$277,180	\$4,879,007	\$63,578	\$922,005	\$5,594,468	\$6,516,473
2050	89/89	\$130,228	\$57,600	\$187,828	\$441,768	\$5,868,448	\$0	\$0	\$10,611,654	\$10,611,654
2051	90/90	\$133,484	\$58,500	\$191,984	\$481,020	\$6,017,010	\$0	\$0	\$11,750,099	\$11,750,099

Projections are based on a portfolio allocated toward growth. Projections are never a guarantee of future performance.

## Generational Wealth Transfer

Effective beginning January 1, 2020, when a person passes away and leaves their retirement account balances to a non-spousal heir, the entire sum must be withdrawn by the 10th year after death.

This area of estate planning is where Roth conversions provide tremendous value with regard to taxes. Since non-spousal beneficiaries inheriting traditional accounts must fully distribute those funds within 10 years, it can result in paying very large amounts of ordinary income tax during their peak earning years. Conversely, inherited Roth IRAs are distributed tax-free, allowing families to transfer wealth across generations far more efficiently.

Just a quick example: A surviving spouse passes at age 89, leaving a \$3 million IRA equally to two children, ages 58 & 60. Each of these children would have to withdraw their half within the 10 years after death. If the balances didn't grow and equal amounts were taken each of the ten years, which would be additional ordinary income of \$150,000 to recognize each year, generally at an effective tax rate above 22%. **But that isn't realistic**, because the balances tend to grow and heirs tend not to withdraw in the early part of the 10 year window. A more likely situation is that the money is not withdrawn in the first 5 years. Rather it grows from the original \$1.5 million, and each child is withdrawing \$3 million over the last 5 years of the window. That becomes \$600,000 and will bridge the 35% tax bracket. (Approximately and additional \$185,000 in federal tax just on the IRA withdrawal amount of \$600,000). If your heirs live in a location that imposes

State Income Tax, we would suggest looking at Florida residency. It may be worthy the consider as it just may pay for itself!

### Why Guidance Matters

Timing and execution are critical. At **Naples Wealth Strategies**, we build personalized, multi-year strategies tailored to your unique retirement timeline, income needs, and long-term goals. We help you convert the right amount at the right time, maximizing lifetime tax savings and keeping you in control of your financial future

The most important thing to understand is that your situation is unique, and will be different from your brother, sister, neighbor, or best friend. That is why you must look at a customized analysis & financial projection that incorporates your income, assets, & family structure.





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# 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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# 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**

# When You Are At Your Wits End

By Pastor Timothy Neptune

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31*

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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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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