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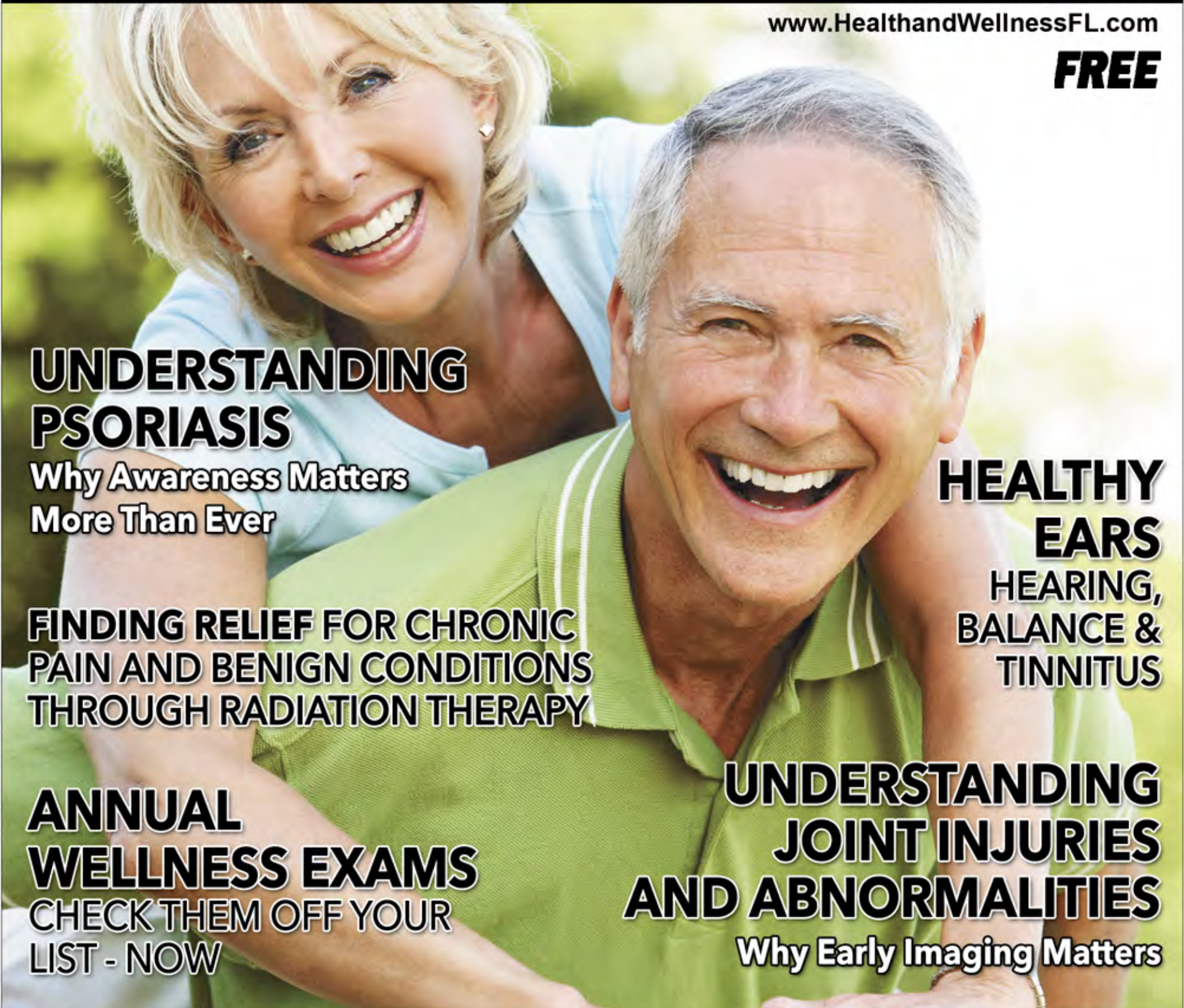
MAGAZINE

August 2026

Tampa Bay Edition - Monthly

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More Than Ever**

**FINDING RELIEF FOR CHRONIC
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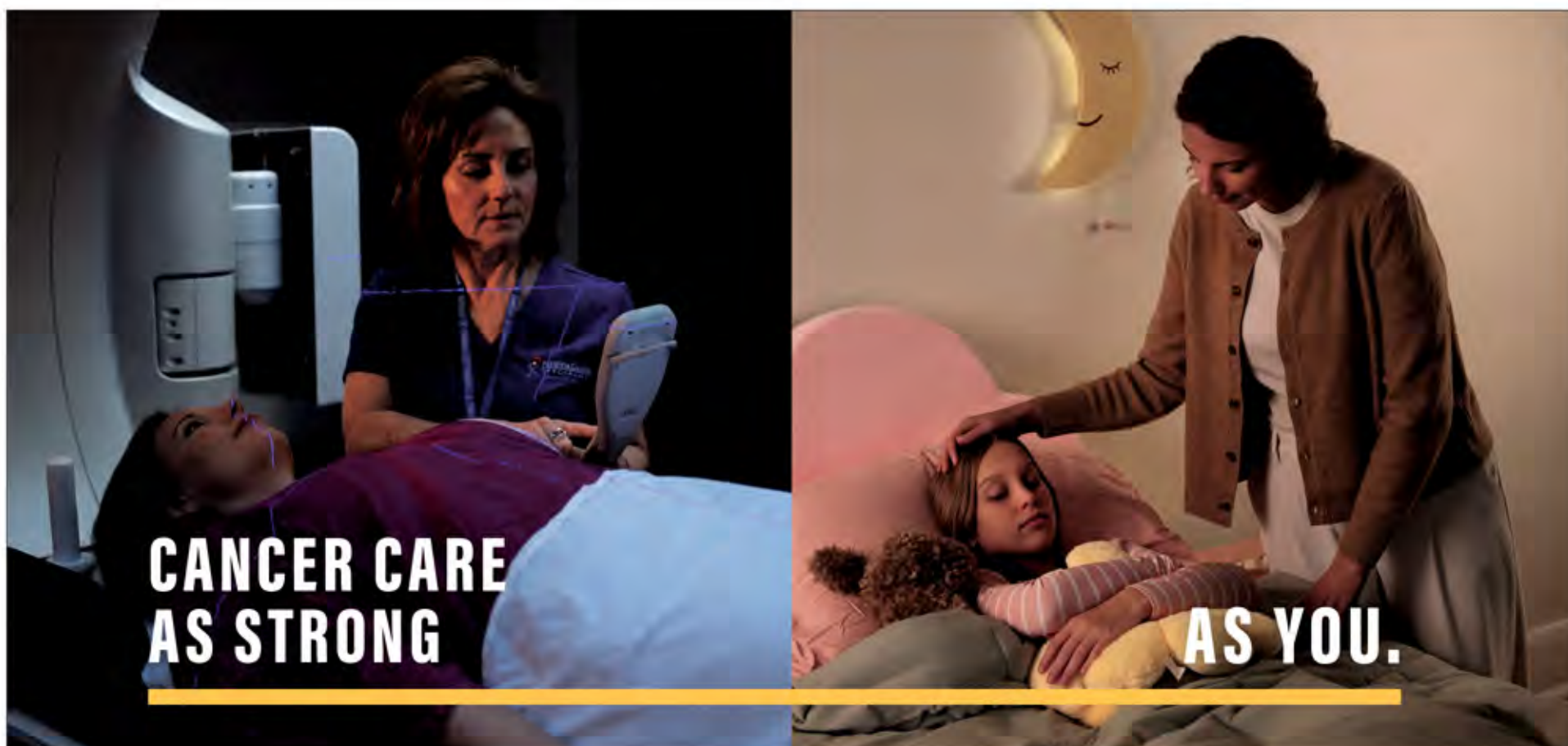
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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



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Understanding Joint Injuries and Abnormalities: WHY EARLY IMAGING MATTERS

Joint pain is one of the most common reasons people seek medical care, and for good reason. The back and knees bear the brunt of daily wear, athletic activity, and the natural aging process, making them especially prone to injury and degeneration. At Encore Imaging, we see firsthand how timely, accurate diagnostic imaging can make the difference between a quick recovery and a prolonged struggle with chronic pain. Understanding the most common joint conditions and how imaging helps identify them, can empower patients to seek care sooner and make informed treatment decisions.

THE BACK:

A Complex Structure Under Constant Stress

The spine is a remarkable system of vertebrae, discs, nerves, and connective tissue that supports nearly every movement we make. Unfortunately, this complexity also makes it vulnerable to a wide range of problems. Herniated or bulging discs occur when the soft cushioning between vertebrae shifts or ruptures, often pressing on nearby nerves and causing pain that radiates into the legs. Degenerative disc disease, a natural consequence of aging, gradually wears down these discs, reducing flexibility and increasing discomfort. Spinal stenosis, a narrowing of the spinal canal, can compress the spinal cord or nerve roots, leading to numbness, weakness, or pain during standing or walking.

Compression fractures, often linked to osteoporosis, and spondylolisthesis, where one vertebra slips forward over another, are additional conditions that frequently go undiagnosed without proper imaging. Because back pain can stem from so many different sources, guesswork is rarely sufficient. Advanced imaging is often essential to pinpoint the exact cause.

THE KNEE:

A Hinge Under Heavy Load

The knee joint absorbs enormous force with every step, jump, and pivot, which explains why it's among the most frequently injured joints in the body. Ligament injuries, particularly to the anterior



cruciate ligament (ACL) and medial collateral ligament (MCL), are common among athletes and active individuals, often resulting from sudden twists or direct impacts. Meniscus tears, involving the cartilage that cushions the knee, can occur from acute trauma or gradual degeneration over time.

Osteoarthritis remains one of the leading causes of chronic knee pain, particularly among older adults, as cartilage breaks down and bones begin to rub against one another. Patellar tracking disorders, tendonitis, and bursitis round out the list of conditions that can significantly limit mobility and quality of life if left untreated.

Why Imaging Is the Key to Accurate Diagnosis

Physical exams and patient-reported symptoms provide valuable starting points, but they rarely tell the whole story. X-rays remain excellent for identifying fractures, bone spurs, and joint space narrowing associated with arthritis. MRI scans offer a more detailed view of soft tissues, making them indispensable for diagnosing ligament tears, disc herniations, and cartilage damage.

At Encore Imaging, our state-of-the-art equipment and experienced radiologists work closely with referring physicians to ensure every scan delivers the clearest possible picture. Accurate imaging doesn't just confirm a diagnosis, it shapes the entire treatment plan, whether that means physical therapy, medication, minimally invasive procedures, or surgery.

Don't Wait to Get Answers

Joint pain that persists for more than a few weeks, worsens with activity, or is accompanied by swelling, numbness, or instability warrants professional evaluation. Early imaging can catch problems before they progress, often opening the door to less invasive and more effective treatment options.

If you're experiencing back or knee pain, don't leave your diagnosis to guesswork. Contact Encore Imaging today to schedule a scan and take the first step toward understanding and resolving the source of your discomfort.

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FINDING RELIEF FOR CHRONIC PAIN AND BENIGN CONDITIONS THROUGH RADIATION THERAPY

Living with chronic pain, stiffness, or limited mobility can quietly reshape daily life. When symptoms linger despite physical therapy, medications, or injections, many people are told their remaining choices are simply to “manage it” or consider surgery. However, there’s hope for relief through a lesser-known option: radiation therapy. Low-dose, targeted radiation therapy has been used for decades to help people with certain benign, non-cancerous conditions. It’s an advanced, non-surgical treatment designed to calm inflammation, control abnormal tissue growth, and restore comfort – often with minimal disruption to daily life.

A Gentle, Targeted Approach to Restoring Function

Radiation therapy for benign conditions is fundamentally different from the treatments most people associate with cancer care. It uses very low doses of precisely targeted energy, carefully designed to reduce inflammation and irritation rather than destroy tissue.

This approach allows physicians to focus treatment exactly where it’s needed, helping to:

- Ease chronic inflammation
- Reduce pain and swelling
- Calm irritated nerves
- Slow or stabilize abnormal tissue growth

The goal is simple: improve comfort, mobility, and quality of life while avoiding more invasive interventions whenever possible.

How Low-Dose Radiation Therapy Works

Low-dose radiation therapy works by gently influencing inflammatory processes in the body. In certain chronic conditions, inflammation or abnormal tissue behavior continues long after the original injury or trigger has passed. Targeted radiation can help interrupt these cycles, allowing the affected area to settle and function more normally. Treatments are delivered over a short course, are noninvasive, and typically require no recovery time – allowing patients to continue with their usual routines.



A Strong Track Record of Safety and Precision

Low-dose radiation therapy for benign conditions has been used internationally for decades. Because these treatments involve much lower doses than cancer therapy, physicians carefully select patients and tailor treatment plans to balance benefit and long-term safety. Modern radiation technology allows specialists to precisely target the treatment area while protecting surrounding healthy tissue. For many patients, the potential benefits – reduced pain, improved mobility, and avoidance or delay of surgery – can meaningfully outweigh the risks.

Is Low-Dose Radiation Therapy Right for You?

If you’re living with a chronic condition that limits your comfort or mobility – and traditional treatments haven’t provided lasting relief – it may be worth asking whether low-dose radiation therapy is appropriate for you.

Exploring all available options empowers patients and providers to make informed decisions focused on long-term quality of life. A consultation with a radiation oncologist can help determine whether this approach fits within your overall care plan.

Radiation oncologists at Florida Cancer Specialists & Research Institute (FCS) collaborate closely with surgeons, orthopedic specialists, neurologists, and other physicians to deliver thoughtful, personalized treatment plans – helping patients move forward with confidence and clarity.

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UNDERSTANDING PSORIASIS: WHY AWARENESS MATTERS MORE THAN EVER

August marks Psoriasis Awareness Month, a crucial time to shed light on a chronic skin condition that affects over 125 million people worldwide. At Art of Dermatology, we recognize the importance of education and support for those living with psoriasis, as well as their families and communities who may not fully understand this complex autoimmune disorder.

What Is Psoriasis?

Psoriasis is far more than a cosmetic concern. This chronic autoimmune condition occurs when the immune system mistakenly attacks healthy skin cells, causing them to multiply at an accelerated rate. Instead of the normal 28-day skin cell cycle, psoriasis causes cells to surface in just 3-4 days, creating the characteristic thick, scaly patches known as plaques. These patches typically appear on the elbows, knees, scalp, and lower back, though they can develop anywhere on the body.

The Hidden Impact

While the visible symptoms of psoriasis are often the most obvious, the condition's impact extends far beyond the skin. Research consistently shows that individuals with psoriasis face significantly higher rates of depression, anxiety, and social isolation. The unpredictable nature of flare-ups can affect work performance, relationships, and overall quality of life. Additionally, psoriasis increases the risk of developing other serious health conditions, including cardiovascular disease, diabetes, and psoriatic arthritis.

Breaking Down Misconceptions

One of the primary goals of Psoriasis Awareness Month is dispelling harmful myths that persist about this condition. Psoriasis is not contagious, despite common misconceptions that lead to social stigma. It cannot be "caught" through physical contact, sharing personal items, or proximity to someone with the condition. These misunderstandings often result in unnecessary discrimination and emotional distress for those affected.

Another prevalent myth is that psoriasis is simply a cosmetic issue that can be cured with over-the-counter treatments. In reality, psoriasis is a



complex genetic condition that requires professional medical management and often lifelong treatment strategies.

Treatment Advances Offer Hope

The landscape of psoriasis treatment has evolved dramatically in recent years. While there is currently no cure, numerous effective treatment options can help manage symptoms and improve quality of life. These range from topical treatments and phototherapy to systemic medications and innovative biologic therapies that target specific parts of the immune system.

At Art of Dermatology, we emphasize the importance of personalized treatment plans. What works for one patient may not be effective for another, making it essential to work closely with dermatology professionals to find the right combination of therapies.

Supporting the Psoriasis Community

This August, consider how you can contribute to psoriasis awareness. Simple actions like sharing accurate information on social media, supporting research initiatives, or simply listening without judgment to someone sharing their psoriasis experience can make a meaningful difference.

For those living with psoriasis, remember that seeking support is not a sign of weakness. Patient advocacy groups, online communities, and mental health resources can provide valuable connections and coping strategies.

Moving Forward Together

Psoriasis Awareness Month serves as a powerful reminder that education, empathy, and advocacy are essential tools in improving the lives of those affected by this condition. By fostering understanding and promoting research, we move closer to better treatments and, ultimately, a cure.

If you or someone you know is struggling with psoriasis, don't hesitate to reach out to qualified dermatology professionals who can provide comprehensive care and support. Your skin's journey deserves the art of professional dermatology. Call Art of Dermatology today for more information.



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Healthy Ears: Hearing, Balance & Tinnitus

Understanding Ringing, Dizziness, Earwax, and the Surprising Ways Your Ears Affect Everyday Life

Most people think of their ears as something that simply helps them hear, but your ears actually do much more than that. They play an important role in balance, communication, and how you experience the world around you. When something feels “off,” whether it is ringing in the ears, dizziness, muffled hearing, or a feeling of fullness, it can affect daily life more than many people realize.

As an audiologist here in the Tampa Bay area, I often meet patients who are unsure whether what they are experiencing is serious or simply something to ignore. The truth is that changes in hearing, balance, or ear comfort are worth paying attention to. Sometimes the solution is simple, while other times these symptoms may point to issues that deserve evaluation.

One of the most common concerns I hear about is tinnitus, often described as ringing in the ears. Some people notice buzzing, humming, clicking, roaring, or a high-pitched sound that no one else can hear. For some, it comes and goes. For others, it can feel constant and frustrating.

Tinnitus itself is not a disease. Instead, it is often a sign that something in the auditory system has changed. In many cases, tinnitus is connected to hearing loss, even mild hearing loss that someone may not yet recognize. Noise exposure, aging, stress, certain medications, jaw issues, and other medical conditions may also play a role.

One thing I tell patients often is this: tinnitus may be common, but that does not mean you should simply “learn to live with it” without understanding why it is happening. A hearing evaluation can often provide important clues and help guide treatment recommendations that improve quality of life.

Another concern many people experience is dizziness or balance problems. If you have ever felt unsteady, experienced spinning sensations, or found yourself feeling off-balance for no obvious reason, your ears may actually be involved.

Many people are surprised to learn that the inner ear houses part of the body’s balance system. Your brain depends on information from your ears, eyes, and body working together to help you stay steady. When one part of that system is disrupted, balance problems can occur.

Sometimes dizziness happens because of inner ear conditions, infections, or changes in the balance system. Other times, it may be related to medications, blood pressure, dehydration, or other health concerns. Because there are many possible causes, persistent dizziness should not be ignored. Understanding the source of the problem is an important step toward finding relief.

Then there is earwax, something almost everyone deals with but few people understand.

Earwax often gets a bad reputation, but it actually serves an important purpose. It helps protect the ear canal by trapping dust and debris while keeping the ear healthy. In many cases, the ear naturally clears wax on its own.

Problems happen when wax becomes impacted or builds up excessively. This can cause muffled hearing, pressure, discomfort, ringing, or even balance concerns. Patients are often surprised to learn that what felt like sudden hearing loss was actually impacted earwax.

One important tip I always share is to avoid putting cotton swabs or other objects inside the ear canal. While it may feel like you are cleaning your ears, these tools often push wax deeper and can irritate the ear canal. In most cases, ears are better left alone unless there is a true problem.

Healthy ears are about more than hearing clearly. Hearing loss, tinnitus, and balance issues can quietly affect confidence, relationships, energy, and even safety. When hearing becomes more difficult, many people start avoiding restaurants, group conversations, or social activities because listening becomes exhausting. Balance issues can increase fall risk, especially as we age. Persistent ringing can interfere with sleep, concentration, and overall well-being.



The encouraging news is that many ear-related concerns can be managed once we understand what is causing them. Whether it is identifying hearing changes, addressing tinnitus, helping determine the cause of dizziness, or evaluating earwax concerns, there are often solutions available.

One of the best things you can do for your ear health is simply pay attention to changes. If you notice ringing, dizziness, muffled hearing, ear fullness, or changes in balance, do not assume it is something you just have to tolerate. Early evaluation often leads to better outcomes.

At our office, we are passionate about helping patients better understand their hearing and ear health so they can continue enjoying the activities and relationships that matter most. If you are experiencing ringing in the ears, balance concerns, hearing changes, or simply want peace of mind, our team are here to help.

To schedule an appointment, visit us online at www.AudioNova.com, or call us today. Healthy ears play an important role in living well, and taking care of them today can make a meaningful difference tomorrow.

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UNDERSTANDING AI'S PLACE IN MENTAL HEALTH CARE

By Elizabeth Dosoretz, LCSW

Over the past few years, artificial intelligence has moved from something abstract to something woven into our everyday lives. It is changing how we work, communicate, learn, and make decisions. With innovation comes excitement, and there is no question that AI has the potential to improve efficiency and expand access in meaningful ways. At the same time, innovation also calls for responsibility, clear guardrails, and thoughtful oversight. Without those, even well-intentioned tools can cause harm.

Mental health is one area where AI is gaining significant traction. According to a recent American Psychological Association (APA) health advisory, millions of people around the world are engaging with general-purpose generative AI chatbots and wellness apps to find support they cannot access elsewhere. This trend reflects the very real mental health crisis we are facing, marked by rising rates of loneliness, anxiety, and disconnection. Many people want help but struggle with long waitlists, limited availability, financial barriers, or stigma. For them, accessibility is often the driving force.

As demand for mental health services continues to rise, the ease of access and relatively low cost of AI-based tools have made them an attractive option. For some, these tools feel less intimidating than reaching out to a provider. They can reduce certain barriers, such as shame, fear of judgment, or the challenge of fitting appointments into a busy schedule. For someone in distress who wants immediate support, turning to AI can feel like a logical step. At the same time, it is important not to lose sight of how new this technology actually is.

AI can feel as though it has been around for a long time, perhaps because of how quickly it has been adopted and integrated into daily life. In reality, these tools have not had the benefit of being tested and retested over decades in the way traditional clinical approaches have. Mental health care is not about efficiency metrics or spreadsheets. It is about providing care to humans, whether children, adults, or families, often at their most vulnerable moments. Mental health professionals rely on evidence-based practices, ethical standards, and clinical skills that have been studied, refined,

and proven over time. When we introduce new tools into this space, especially those that interact directly with vulnerable individuals, caution and humility are essential.

It is also critical to be clear about what these technologies are and what they are not. AI tools are not designed to provide clinical assessment, diagnosis, or treatment. Many are not grounded in scientific research, are not regulated or approved for mental health use, and do not operate within the ethical and legal frameworks that guide licensed professionals. This creates real risks, including misinformation, misinterpretation of symptoms, inappropriate reassurance, and significant privacy concerns.

The APA advisory outlines several important recommendations for safer use of AI in mental health contexts:

- These tools should not be relied upon to replace psychotherapy or psychological treatment.
- There must be safeguards to prevent unhealthy emotional dependency, as constant availability and personalization can blur the line between using a digital tool and forming a perceived relationship.
- Privacy must be prioritized, particularly when platforms have unclear policies regarding data use, storage, or sale.
- Users should be protected from misleading or inaccurate information, built-in biases, and tools that appear more effective than they truly are.
- Additional protections are especially important for children, teenagers, and other vulnerable populations.
- Comprehensive AI and digital literacy education is also essential so individuals understand both the potential benefits and the limitations of these tools.

Very few things in health care are purely good or purely bad. What matters is how tools are used, how they are regulated, and whether people truly understand what they are engaging with.



Context matters. Every innovation introduced into the mental health space should be evaluated not only for its promise but also for its potential consequences.

AI touches our families, our communities, and the future of care itself. With education, responsibility, and clear boundaries, we can make informed decisions about when these tools may be helpful and when human connection, clinical expertise, and professional care are essential.

About the Author

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



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Annual Wellness Exams - Check Them off your list - Now

By Parveen Vahora, M.D.

As a woman in the prime of your life, prioritizing health is crucial to maintaining overall well-being and preventing potential health complications. Annual wellness exams tailored to your age group, specifically between the ages of 40 and 60, serve as a cornerstone in safeguarding your health.

Pap Test and HPV Vaccine

A pap test is a routine screening procedure recommended for women from age 21, performed every three years until age 29. For women aged 30 to 65, the American Cancer Society recommends a combination of a pap smear and an HPV test every five years or a pap smear alone every three years. This test is pivotal in detecting abnormal cervical cells, which could indicate the presence of cervical cancer or precancerous conditions. According to the Centers for Disease Control and Prevention (CDC), regular pap smears have significantly reduced cervical cancer incidence and mortality rates. Additionally, the HPV vaccine is recommended for all women up to 45 years old to prevent cervical cancer and genital warts. Vaccination has proven to be a highly effective preventive measure with the potential to eliminate HPV-related diseases nearly.

Mammograms

Breast cancer remains one of the most prevalent cancers affecting women worldwide. Mammograms, specialized X-ray exams of breast tissue, are instrumental in detecting breast cancer in its early stages when treatment is most effective. The American Cancer Society recommends that women aged 40 to 44 can start annual mammograms, while women aged 45 to 54 should undergo mammograms annually. From age 55 onwards, mammograms can transition to every two years, although women can continue with yearly screenings. Research has shown that regular mammograms have contributed to a significant reduction in breast cancer mortality rates among women.

Bone Density Test (DEXA Scan) and Calcium Levels

Osteoporosis is a condition characterized by weakened bones, increasing the risk of fractures. A DEXA scan measures bone mineral density and helps diagnose osteoporosis, especially in postmenopausal women and older adults. Regular calcium level checks are also important, as calcium is vital for bone health. Adults should discuss with their healthcare provider the appropriate age to begin bone density testing based on individual risk factors.

Genetic Testing for Cancer Risk

Individuals with a personal or family history of breast, ovarian, or colon cancer should consider genetic testing to identify hereditary cancer syndromes. Genetic testing can provide valuable information about your risk and guide decisions about preventive measures, such as increased surveillance, lifestyle changes, or preventive surgeries. Discussing genetic testing with a healthcare provider can help determine if it's appropriate for you.

Pelvic Exams and Other Gynecological Issues

Pelvic exams are a fundamental part of women's health, allowing healthcare providers to assess the health of reproductive organs and detect any abnormalities. These exams, along with other gynecological services, address various issues such as irregular periods, pelvic pain, and menopause-related concerns. Regular pelvic exams and consultations help in early diagnosis and treatment, ensuring optimal reproductive health. Wellness exams cover pap tests, breast exams, pelvic exams, and other gynecological issues. If any problems arise, they can be happily addressed during a problem visit, which can be scheduled online or through our website. This convenient access to care ensures that your health needs are met promptly and efficiently.

By incorporating these essential screenings and preventive measures into your annual wellness plan, you take proactive steps toward maintaining your health and preventing potential complications. Speak with your healthcare provider today about scheduling your comprehensive wellness exam and addressing any specific health concerns you may have. Your health and well-being are paramount; regular check-ups are key to a vibrant and healthy life.

Identifying Issues for Follow-Up Visits

Regular check-ups are an opportunity to identify and discuss any health concerns that may arise. It is important to keep track of changes in your health, such as new symptoms, changes in weight, or persistent pain. Discussing these issues with your healthcare provider during follow-up visits can help address potential problems early and ensure timely intervention.

You can schedule your yearly wellness exam on-line at <https://parveenvahoramd.com>



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. I have a young daughter who keeps me busy but is the love of my life.

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HOW TO KNOW IF MEMORY CARE IS RIGHT FOR YOUR LOVED ONE

As your loved one with Alzheimer's or another form of dementia needs more care at home, you might find each day more challenging than the last. While these changes are difficult for everyone, memory care communities can give both you and your loved one the support you need to maintain your bond but when is the right time for a higher level of care?

Ask yourself these 6 questions about caring for your loved one at home, and learn if memory care is right for your family member.

1. ARE THEY AGITATED OR AGGRESSIVE?

For several reasons, agitation and aggression are common with seniors who have dementia. The two primary reasons are confusion and the inability to articulate or identify the cause of physical discomfort.

For instance, an older adult who used to perform an activity of daily living unassisted may lash out at their caregivers when they can't remember the steps it takes to complete the task. Or a person experiencing discomfort from something like a urinary tract infection may express it through physical aggression.

In the memory care neighborhood at Freedom Village, our staff implements techniques they have learned through our nationally acclaimed Heartfelt Connections program to redirect aggressive behavior with specialized care that reduces frustration, fear and anxiety in your loved one.

2. DOES YOUR FAMILY MEMBER HAVE SAFE LIVING CONDITIONS?

When a senior with dementia is aging in place, they may neglect essential household duties like taking out the trash, cleaning up after a pet, or disposing of spoiled food. Some seniors may also hoard items or wander their neighborhoods.

Other risks may include trip hazards, medical fall risks, kitchen appliances, firearms, or household chemicals. For your loved one to age safely at home, you'll need significant and expensive safety modifications.

The 24/7 security and care in a Memory Care neighborhood provides a secure environment where your loved one can thrive. At Freedom Village, with an above average staff-to-resident ratio of 1:6, we take memory care a step further by including a maintenance-free residence, housekeeping, and personal laundry services.

3. IS YOUR FAMILY MEMBER FEELING SOCIALLY ISOLATED?

While loneliness and social isolation are related, they're a little different. Loneliness is the distressed feeling of

being alone, whereas isolation is the lack of social connections to provide regular, positive interaction with people and your environment.

Social isolation can lead to:

- Anxiety
- Depression
- High-blood pressure
- Heart disease
- Lack of energy

Feeling isolated is a common problem for seniors living with dementia. It's difficult to recreate social situations at home, or your loved one may lack the confidence to take part in group activities.

Retirement communities have amenities, services, and a calendar full of events just for memory care residents. From a supportive dining environment to welcoming and secure places to gather, your loved one always stays engaged and socializes with their neighbors and care team.

4. HAS YOUR FAMILY MEMBER'S SLEEP PATTERN CHANGED?

As we age, our bodies produce less melatonin, which is a sleep hormone that helps us get tired when it gets darker in the evening. Research has shown that as a person's dementia progresses, melatonin production is particularly impaired.

Combined with side effects from medication and other long-term health conditions, like diabetes or high blood pressure, sleep can be difficult for older adults with dementia.

Your loved one may have difficulty getting to sleep, wake up several times during the night, sleep less deeply or sleep less overall.

Poor sleep patterns can lead to waking up at night, resulting in your family member being anxious or confused over what time it is. Instead of going back to sleep, they believe it's time to begin the day. Your loved one may try to return to an old routine, like making breakfast or getting dressed for work.

This is very stressful for family caregivers, especially if you're worried your loved one may do something that is unsafe, like wander, which can lead to a life-threatening fall.

5. ARE THEY NEGLECTING PERSONAL CARE?

Neglecting self-care is a major indicator your loved one needs extra help with activities of daily living. If your family member once wore clean, pressed clothes or was always clean-shaven, and is now wearing ill-fitting, dirty clothes or has unkempt facial hair, it might be time to consider memory support services.

It's important to remember physical symptoms of dementia come in many forms. Here are other signs your loved one might need a higher level of care in a Memory Care neighborhood:

- Dramatic weight loss or weight gain
- Forgetting to eat or take medications
- Loss of mobility
- Neglecting regular baths or showers

At our retirement community in Bradenton, FL, we believe each one of our residents should live according to a personalized routine that reflects their preferences and choices. We offer flexible care in a dementia-friendly environment that promotes a self-directed lifestyle.

For instance, the residents in our Memory Care neighborhood have access to appropriate community amenities like the salon and barbershop, fitness center and pool. We also offer compassionate, personalized help with daily living activities, including dressing, bathing and medication management.

6. DO YOU HAVE CAREGIVER BURNOUT?

Taking care of a loved one with Alzheimer's or another form of dementia is arduous work, and many family caregivers face burnout. You might dedicate too much time to your family member with dementia and neglect other important areas of life like work, friends, and other members of your family who need attention.

Many family caregivers have to take time off work, which may be paid or unpaid, while some have to reduce their work hours altogether. This can lead to feelings of resentment, depression and isolation.

Watch for these other common signs of caregiver burnout:

- Difficulty sleeping
- Drinking, smoking or eating more
- Feeling tired and run down
- Feeling helpless and hopeless
- Neglecting personal needs
- Trouble concentrating or relaxing, even when help is available

LEARN MORE ABOUT THE BENEFITS OF MEMORY CARE AT FREEDOM VILLAGE OF BRADENTON

Choosing the right care for your loved one with dementia is a tough decision. If you are the spouse or partner of a senior whose health is declining, an adult child who is struggling to provide proper care for your parents, or a health care professional who cares for seniors, please call today for more information.



**Freedom Village
of Bradenton**

www.fvbradenton.com

6406 21st Avenue West, Bradenton, FL 34209



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Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

Hyperbaric 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.¹ 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.²

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:

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www.hyperbariccentersofflorida.com

CLEAR THE AIR: The Homeowner's Wellness Guide to Preventing Mold

By Rick Weber

Louisiana is the only state whose homes are more likely to develop mold than ours here in Florida. It's just a fact of life with our humid, subtropical climate, frequent rainfall and high temperatures that provide ideal breeding conditions.

The key drivers include:

- **High humidity:** Moisture builds up within walls and air ducts due to year-round humidity.
- **Storms and flooding:** Hurricanes and tropical storms frequently cause structural and roof leaks, with mold growing within 24 to 48 hours of water intrusion.
- **HVAC condensation:** Overworked air conditioning systems and blocked vents are common sources of hidden moisture.

"Homes should be well maintained, properly ventilated and the temperature controlled to prevent the growth of microorganisms," says Jay Gupta, M.D., Ph.D., a professor and director of the undergraduate Public Health program in the Department of Health Sciences at Florida Gulf Coast University's Marieb College of Health & Human Services.

"The telltale signs of indoor dampness and microbial growth are a history of water damage to the home, condensation on inside surfaces, visible mold and a typical musty odor from gases released by mold. Should dampness occur, remediation measures should be adopted as soon as possible."

Gupta says mold is a type of fungi—organisms that cannot be classified either as plants or as animals. They cannot prepare their own food but depend on external sources for nutrition. They are found in all environments, both outdoors and indoors, and play a crucial ecological role in decomposing organic matters.

Common fungi include mushrooms, yeasts and molds. He says that while most fungi are harmless, a few have the potential to affect human health adversely. While some molds can cause infections in susceptible individuals and can produce toxins harmful to humans, they are most commonly associated with allergic symptoms including asthma exacerbation, upper respiratory tract symptoms, cough and wheeze.

"While molds are present everywhere in the natural environment, they are typically of health concern only when they multiply in the closed indoor environment," he says. "However, microbial pollution affecting the indoor environment involves not only molds

and other fungi, but other microorganisms including bacteria. These multiply in the presence of sufficient moisture (dampness) and inadequate ventilation.

"The *World Health Organization guidelines for indoor air quality: dampness and mould (2009)* note that dampness is considered the key risk indicator behind the health risks associated with mold and other microbial contamination. While water leaks and natural events such as heavy rain and flooding can introduce moisture inside buildings, the major source of moisture in the indoor environment is incoming air. Since proper ventilation helps to remove pollutants and moisture from indoor air, inadequate ventilation is an important determinant of dampness and growth of microorganisms in the indoor environment.

"Dampness is more likely to be observed in low-income communities where homes are overcrowded or are not properly ventilated, and insufficiently heated or insulated during winter. The health effects most commonly associated with indoor dampness for which sufficient evidence exists in scientific literature are asthma exacerbation, upper respiratory tract symptoms such as runny nose, sneezing and sore throat, cough and wheeze. While people who have known allergies are typically the most affected, these health effects have also been observed in non-allergic people."

Also, more frequent storms attributed to a global rise in temperature causing heavy rainfall and flooding are of particular concern in coastal cities and towns such as Fort Myers, as these events can increase the proportion of damp buildings.

As an environmental epidemiologist, Gupta has been a part of several peer-reviewed articles on the association between microbial exposure and human health, the latest being an article, "Assessment of Mold-Specific Volatile Organic Compounds and Molds Using Sorbent Tubes and a CDC/NIOSH-Developed Tool in Homes Affected by Hurricane Ian," published in the journal *Applied Sciences* in 2025.

The study highlights the persistent risk of hidden microbial contamination in flood-affected homes, even when visible mold growth is absent.

The recommendations were: "The study outcomes emphasize the need for post-flood remediation strategies that extend beyond superficial cleaning and renovation, incorporating continuous monitoring to guide moisture control, targeted disinfection and safe

re-occupancy. Therefore, protecting vulnerable populations in hurricane-affected regions requires moving beyond visual assessments. Coordinated public health and housing policies should integrate assessments of hidden moisture and Mold-Specific Volatile Organic Compounds to guide effective remediation, safe re-occupancy decisions and long-term monitoring programs. Future research should expand to larger, more diverse populations, standardize sampling protocols and directly link environmental contamination with occupant health outcomes."

Gupta says that while people have developed a greater awareness toward mold and mold-related issues in recent years, misconceptions are widespread.

"Out of millions of mold species on earth, the vast majority are harmless—indeed, ecologically beneficial—and coexist peacefully with humans. Only a few have the potential to cause illness: typically, allergies and upper respiratory tract infections in susceptible individuals. According to the published scientific literature, most reports of serious illnesses from exposure to 'toxic black mold' and the so-called 'sick building syndrome' from exposure to molds are media hype and collective hysteria and are not supported by solid scientific evidence."

The undergraduate Public Health program at FGCU (Bachelor of Science in Public Health) includes several courses that cover illnesses resulting from fungal and other microbial exposures.

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10501 FGCU Boulevard South, Fort Myers, FL 33965
(239) 590-1000 | fgcu.edu



**TOP
DOCTOR**
MAGAZINE

By William J. Cole Jr., D.O.

Double Board Certified in PM&R Interventional Medicine and Regenerative Medicine

What If We Could Change Your Mind?

Transforming Brains... And Lives Through Advanced Regenerative Medicine

Leading Alzheimer's Dementia Out of the Shadows and Into the Light... Naturally!

Here is the moment that "Changed My Mind" ...
And became very personal.

It was a typical morning,
But, as I walked into the kitchen, the stove was on.
The water was running.
The back door was standing wide open.
And mom was nowhere to be found...
My mother is 88 years old.
She is diabetic.
She has dementia and memory loss.
And in that moment, my greatest fears were realized...

This was not happening to one of my patients.
This was "my" mother.
As a physician, I understood what was happening.
As a son, it broke my heart.
Because this is our mom.

I now see the world through a different perspective, as Dementia had hit home.
So, I Got To Work on Advanced Regenerative Treatments for Alzheimer's Dementia....
What if we could change your mind?
Not your opinion.
New thought process.
Not the way you think about the world.
What if we could change your mind by improving brain function?

What if the future of Alzheimer's Dementia is not simply about slowing decline?
What if it is about restoring hope?
What if it is about improving function?
What if it is about helping patients achieve a better brain... and a better "Quality of Life"?
Isn't that what is most important?

For decades, families facing Alzheimer's Dementia have been told to prepare for the inevitable.

Manage the symptoms.
Get your affairs in order.
Hope for more time.



What if there is another question worth asking?

What if the brain possesses a greater Neuroplastic capacity for adaptation, repair, and restoration than we once believed?

I began asking those questions long before they became personal.

And if someone you love is suffering from Alzheimer's Dementia, memory loss, cognitive decline, brain disorder or another neurological disorder, then you understand exactly what I am talking about.

You understand the fear.

The uncertainty.

The sleepless nights.

The constant worry.

You understand what it feels like to wonder whether your loved one is still safe when nobody is watching.

Alzheimer's Dementia doesn't simply steal memories.

It steals confidence.

It steals independence.

It steals relationships.

And eventually, it can steal the very identity of the person you love.

Nobody wants to lose their mind.

Nobody wants to forget the people who matter most.

Nobody wants to lose the memories that define who they are.

Yet that reality is affecting millions of families every single day.

Today, approximately 580,000 Floridians are living with Alzheimer's disease. More than 7.2 million Americans are affected, and worldwide, tens of millions of families are facing the challenges of dementia.

But every statistic represents a person.

A mother.

A father.

A spouse.

A grandparent.

A family desperately searching for answers.

For decades, conventional medicine has focused primarily on managing symptoms and slowing progression.

But perhaps we have been asking the wrong question.

Instead of asking:

"How do we manage Alzheimer's Dementia?"

What if we asked:

"Why is the brain struggling in the first place?"

At The Stem Cell Institute, those questions form the foundation of our Rebuild Your Brain™ Program.

As I often tell my patients:

"The Body Tells You What Is Wrong... We Just Need to Listen."

The brain is no exception.

Many individuals suffering from memory loss, cognitive decline, Long-COVID Brain dysfunction, and neurological disorders demonstrate underlying problems involving chronic inflammation, impaired circulation, metabolic dysfunction, insulin resistance, hormonal imbalance, nutritional deficiencies, toxic exposures, sleep disorders, and loss of neuronal connectivity.

In other words, the brain may not always be broken.

Many times, it is simply a short in the wiring. For years, medicine taught that damaged brains could not improve.

Today, the science of neuroplasticity tells a different story.

The human brain contains approximately 86 billion neurons connected through trillions of pathways. Research continues to demonstrate that the brain remains remarkably adaptable throughout life.

The brain can create new pathways.

Strengthen existing connections.

Develop alternative routes around damaged circuits.

And under the right circumstances, Rebuild Brain Tissue, Improve Memory, and Improve Function.

That understanding forms the foundation of our philosophy:

Have the Body Heal the Body®

Because there is "Nothing" on God's green earth that heals the body better than the body itself.

The body possesses extraordinary regenerative potential.

Our goal is to identify obstacles, optimize function, and create an environment where healing and restoration can occur.

Through advanced diagnostics, metabolic optimization, neuro-restorative strategies, precision treatment planning, and Natural Exponential Advanced Nano Biologics, we seek to support the body's own ability to repair, restore, and rebuild.

The objective is simple:

Better Brain. Better Function. Better Life.

Over the years, I have had the privilege of helping patients from across the nation who were searching for answers after being told little more could be done.

Many describe their outcomes using two words:



Transformational Results.

For one family, it was hearing:

"Her memory returned and she can now function normal."

For Debbie, who struggled with Long-COVID Brain dysfunction:

"The fog lifted and now I have clarity."

For Melissa:

"Mom is responding and talking again."

For Lily:

"Mom is safe and secure and can now be left alone again."

These are more than testimonials.

They are stories of hope.

Stories of possibility.

Stories that remind us why we continue searching for better answers.

As our population ages, Alzheimer's Dementia is rapidly becoming one of the defining healthcare challenges of our generation.

The question is no longer whether brain disease will affect our families.

The question is what we are willing to do about it.

Will we simply accept decline as inevitable?

Or will we continue searching for better answers?

Better diagnostics.

Better understanding.

Better strategies.

Better Quality of Life.

In my opinion, Quality of Life should be the goal of all medical treatments.

And if it isn't... you're seeing the wrong doctors.

There is one thing every family facing Alzheimer's Dementia eventually discovers:

TIME is our Most Precious Commodity.

Once the memory is gone and the functions decline, we wish we would have started earlier.

Once opportunities are lost, we wish we had more time.

TIME WAITS ON NO ONE!

Make time to ask questions.

Make time to explore your options.

Make time to discover what may still be possible.

If I can make time for my own mother, I can make time for your family too.

At **TheStemCellInstitute.com**, we would love to have a conversation with you and your loved one.

Whether in person or through a Zoom consultation, our goal is simple: help you understand your options and determine whether a customized Advanced Regenerative Treatment Plan may be appropriate.

You deserve to know the truth about Alzheimer's Dementia treatments and what may be possible through today's evolving regenerative technologies.

Life itself is an experiment. Medicine is an experiment. These therapies continue to evolve, and patient outcomes vary. But the science behind helping the body support its own healing and restorative processes continues to advance.

And that is why we are committed to leading Alzheimer's Dementia out of the shadows and into the light... naturally.

Because hope matters.

TIME matters.

Quality of Life matters.

And for some families, the most important call they ever make may be the one they make today.

To learn more, visit **TheStemCellInstitute.com**, **RegenaMed.US**, or call **941-371-7171**.

(Then fill in the contact info please)

TheStemCellInstitute.com



941-371-7171
RegenaMed.US
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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
727-771-5053

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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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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