

# BEST of 2017

BEST OF TAMPA BAY | What We Discovered, Reviewed and Loved in 2017 | TAMPA BAY EDITION

## SPINE & CANCER PAIN SPECIALIST



1912 E Busch Blvd  
Tampa  
(813) 933-5900

**PROFESSIONAL PAIN MANAGEMENT** consists of Board Certified Anesthesiologist/Board Certified Pain Management Specialist Dr. Manjul Derasari who has 24 years of medical experience. He has a special interest in treating cancer pain and intractable spasticity from spinal cord injury.

A list of pain problems most commonly seen include neck & back pain, headaches, myofascial pain syndrome, complex regional pain syndromes, post herpetic neuralgia (shingles), phantom limb pain, cervical & lumbar radiculopathy, lumbar sacral instability, sacroiliac dysfunction, cancer pain (intractable pain), post thoracotomy pain and pelvic pain syndromes. Services offered by Dr. Derasari include fluoroscopic & ultrasound guided spinal injections (including trials & implantation for Baclofen), therapeutic epidural injections, sympathetic blocks, radio frequency ablation, TENS trial, trigger point injections, peripheral nerve blocks, implantable epidural catheters, spinal opioid delivery systems, percutaneous spinal cord stimulators, facet blocks and sacroiliac joint injections. Patients are seen by physician referral only. [Visit: provider.kareo.com/dr-manjul-derasari](http://www.provider.kareo.com/dr-manjul-derasari)

## PSYCHOTHERAPY & COLLABORATIVE LAW



205 S Hoover Blvd  
#204, Tampa  
(813) 961-7727

**MARK PRANGE, PHD** has 25 years of experience in evaluative family mediation, parent coordination litigation support, alternative dispute resolution with high conflict divorcing families, collaborative family law, parenting time evaluations and individual & family psychotherapy.

As a psychotherapist, Dr. Prange knows that by taking proactive measures to minimize conflict, parents can find positive solutions for family needs during and after divorce. The benefits of the collaborative law process allow divorcing parties to develop solutions that best meet their needs while privately controlling the outcome. It is based on fairness, trust, respect, non-judgment, and what is in the best interest of the parties. The overall goal is to assist clients in reaching a positive resolution to their dissolution of marriage through an alternative to litigation. Dr. Prange facilitates communication between spouses, financial advisor, and both attorneys. His services are tailored to assist parties in reducing power struggles so they may make decisions in a fashion consistent with their needs.

[Visit: www.drmarkprange.com](http://www.drmarkprange.com)

## PUTTING THE PIECES TOGETHER



5109 N Nebraska Ave  
Tampa  
(813) 238-8557

Founded in 1977, **TAMPA CROSSROADS, INC** is an internationally accredited and licensed provider of holistic, person-centered evidence-based treatment, housing & supportive service. They provide a full range of care including counseling, housing, employment services, specialized housing assistance for homeless Veterans & their families, and employment support to adults with disabilities. Tampa Crossroads has helped thousands of adults experiencing hardships related to trauma & abuse, addictions, homelessness, and behavioral health conditions.

Tampa Crossroads' Eco-Oaks apartment complex is the only Platinum LEED-certified affordable housing in FL. Rose Manor women's residential treatment provides holistic health services to women in their historic home, built in 1903. Non-Residential Counseling offers outpatient services in a wide array of individualized treatment models. Vocational Rehabilitation Program provides permanent employment to adults with disabilities. Veteran's Assistance Center and Athena House provide housing services to Veterans and their families who are homeless. Volunteers & tax-deductible donations are always welcome. [Visit: www.tampacrossroads.com](http://www.tampacrossroads.com)

## SOPHISTICATED TAX & ADVISORY SERVICES



13940 N Dale Mabry Hwy  
Tampa  
(813) 931-7258

Whether you are just starting a new business, acquiring another business, or improving the one you have, Managing Partner Amol Nirgudkar, CPA at **RELIANCE CONSULTING, LLC** plays an active role in elevating clients' attention above the day-to-day operations so that entrepreneurs can stay focused on long-term strategies for financial stability, profitability & sustainable growth. Amol has developed a significant niche in the healthcare arena and has served more than 500 physicians & 100 dentists with timely tax & accounting advice.

Reliance Consulting stands out as a unique value proposition within the CPA firm marketplace. From tax strategy and navigating the complex regulations to consulting businesses in order to achieve strategic goals, Amol has pioneered the concept of "total business transformation." Dentist Profit Systems is Amol's new venture (among several) where he has created new accountable turnkey systems for dental practice success. Specialties included tax planning & consulting, tax compliance, accounting/bookkeeping/payroll, strategic business consulting, and marketing strategies & innovation.

[Visit: www.reliancecpa.com](http://www.reliancecpa.com)

## DANCE EXERCISE PHENOMENON



12719 Race Track Rd  
Tampa  
(813) 748-3704

Fitness enhances well-being. The instructors at **JAZZERCISE, INC.** believe fitness improves the overall quality of people's lives. Founder Judi Sheppard Missett turned her love of jazz dance into a worldwide dance exercise phenomenon in 1969. The workout program, which offers a fusion of dance, resistance training, Pilates, yoga & kickboxing movements, has positively affected millions of people worldwide. Benefits include cardiovascular endurance, strength & flexibility, as well as the "feel good" factor.

The Jazzercise Westchase location offers a variety of class formats, including the original DanceMixx, a 60-minute dance party workout, Interval training, Core, Strike & Fusion classes, Jazzercise keeps it challenging and fresh. They also offer 45-minute Strength classes weekly, designed to shape & tone, as well as 30-minute Express classes for people pressed for time. Their GirlForce program was launched this year to empower young women to be their best selves and to lead healthier lives. All girls ages 16-21 can take classes for FREE in 2017. [Visit: www.jazzercise.com](http://www.jazzercise.com)

## GYNECOLOGIC ONCOLOGY SPECIALIST



Tampa & Brandon  
(813) 530-4950

With 10 years of experience in minimally invasive da Vinci robotic surgery and gynecologic oncology, **DR. JESSICA STINE** at **WOMEN'S CARE FLORIDA BAY AREA WOMEN'S CANCER CARE** is one of the leading gynecologic oncology surgeons in the region.

Whether you're suffering from a chronic, debilitating gynecologic disease such as endometriosis, or have just been diagnosed with cancer, Dr. Stine and her staff will provide you with quality & compassionate care. As a gynecologic oncologist who has performed hundreds of successful minimally invasive surgeries, Dr. Stine can effectively manage benign and malignant (cancer) gynecologic conditions. This includes hysterectomy (benign & cancerous), uterine fibroids, endometriosis, endometrial hyperplasia, abdominopelvic adhesive disease, benign pelvic masses, endometrial cancer, ovarian cancer, radical hysterectomy, cervical cancer and fertility sparing options for GYN cancer, including radical trachelectomy. [Visit: www.womenscarefl.com](http://www.womenscarefl.com)

## CONCIERGE PLASTIC SURGERY

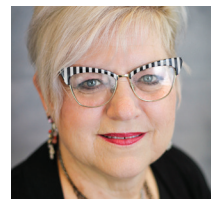


307 S MacDill Ave  
Tampa  
(813) 877-3739

Dr. Traci Temmen is a female, Board Certified Plastic Surgeon at **THE PLASTIC SURGERY CENTER OF TAMPA** and is experienced in the growing field of aesthetic female genital surgery. She understands that changes or abnormalities in this delicate anatomical area can affect a woman's physical comfort, self-esteem, and even relationships. Dr. Temmen specializes in cosmetic surgery of the female genitalia including labiaplasty, vaginoplasty (tightening), perineoplasty (repair of the vaginal opening after delivery), and clitoral hood reduction. Dr. Temmen understands that her patients have very specific desires based on their anatomy and lifestyle. Her knowledge, exacting surgical technique, and comforting demeanor helps patients set realistic expectations and reach their surgical goals.

Dr. Temmen specializes in all areas of cosmetic surgery and is equally skilled in breast augmentation & lifts, Brazilian butt lifts, tummy tucks, liposuction, mommy makeovers, and laser vaginal rejuvenation. [Visit: www.tracitemmenmd.com](http://www.tracitemmenmd.com)

## THE WHOLE-PERSON PSYCHOTHERAPIST



Seminole Heights, Tampa  
Himes Ave, Tampa  
(505) 847-6363

Often times as we travel the road of life we encounter the unexpected. There are times when nothing specific is wrong yet a lingering sense of dissatisfaction and unhappiness permeate our lives. Therapy can help. **ROENE ZOHLER, LCSW** specializes in Whole-Person Psychotherapy, a specific strategy that incorporates thoughts, emotions, spirit & body to help you resolve your concerns, increase your resilience & options and decrease the depressed & anxious thinking that impairs your ability to be who you want to be as a partner, parent, friend.

In addition to being a Licensed Clinical Social Worker, Roene completed her Certificate Programs in Sexology/Sex Therapy and Hypnotherapy. She has been studying & applying action methods, movement & expressive arts modalities to promote healing in areas where traditional talk therapy hasn't helped. Roene works with children, adolescents, adults as well as active duty service members, families & veterans. She offers life coaching, couples, sex therapy podcasts and video therapy. For your convenience, Roene has two office locations in Tampa: 904 1-2 Henry Ave in Seminole Heights, and 609 S Himes Ave. [Visit: www.therapyandcounselingservicestampa.com](http://www.therapyandcounselingservicestampa.com)

## WHERE BELONGING LEADS TO LEARNING



Tampa • (813) 236-1755  
Riverview • (813) 533-2999

**PEPIN ACADEMIES** is a non-profit, tuition-free, public charter school that serves students with specific learning and learning related disabilities. They serve students in 3rd-12th grade, and also offer a transitional, job training program for students 18 to 22-years-old. Pepin Academies is considered an ESE Center school.

The caring, certified staff offers students an educational placement which recognizes & rebuilds on their specific strengths and provides research-based instruction within a structured & predictable environment. The School has a low student-to-teacher ratio, objective progress measurement, sensory integration, total language development approaches, experiential hands-on learning, and multi-sensory reading & math approaches. Students have the opportunity to participate in a wide variety of extra-curricular activities, such as sports, clubs, music, dance, culinary arts, theatre & more. Locations in Tampa, Riverview & Pasco County, **OPEN HOUSE on MARCH 22** at 5:30PM at both the Tampa (3916 E Hillsborough Ave) and Riverview (9304 Camden Field Pkwy) campuses. [Visit: www.pepinacademies.com](http://www.pepinacademies.com)

## TAKING POTENTIAL TO PERFORMANCE



14851 State Rd 52  
#135, Hudson  
(813) 909-1670

Lorraine Lane, founder of **LANE BUSINESS CONSULTING, LLC** and her team are business coaches and consultants, helping organizations find and apply their own unique talents and strengths. She focuses on customer service and marketing, communication and leadership, workshops and training, professional coaching and small business consulting.

Lorraine and her team have extensive experience leading both large and small organizations, managing substantial projects, mentoring high potential individuals, and developing high impact teams. Lorraine says that she succeeds only when her clients succeed too. She is a speaker, mentor, coach, consultant, author and radio and TV host who is passionate about helping her clients find their WHY and their WAY. [Visit: www.lanebc.com](http://www.lanebc.com)

## DISASTER RECOVERY & PROPERTY RESTORATION



11103 N 46th St  
Bldg B, Tampa  
(844) 435-4266

Restoration is much more than just repairing your property. It's about the safety and well-being of you and your family. **HELICON PROPERTY RESTORATION®** provides the complete scope of property restoration service being the premier provider throughout Florida for more than a decade. Helicon has successfully completed thousands of restoration and remediation projects in the area. They are experts in restoring property owners against the forces of nature with a focus in fire, water, storm, mold, sinkhole remediation & pre-construction.

To help customers through their restoration process, they take the time to communicate clearly all the details of the project and assign them a dedicated project manager to answer any questions and forecast their needs along the way to execute a project that will put property owners back to pre-loss state. Helicon is a highly trusted contractor because their customers recommend them, knowing that disasters never happen at a convenient time, but you can trust that if something does happen to your property... They're EverReady!

[Visit: www.heliconusa.com](http://www.heliconusa.com)