

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2019

Polk/Brandon Edition – Monthly

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FREE

**UROLOGIST USES HUMOR TO EASE
THOSE EMBARRASSING MOMENTS**

**SKINADE
THE NEW FOUNTAIN OF YOUTH?**

**HOW DOES STEM CELL
THERAPY WORK?**

**WHEN TO VISIT
AN URGENT CARE**

**DIABETES & HEARING LOSS:
WHAT YOU NEED TO KNOW**

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way



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on page 8


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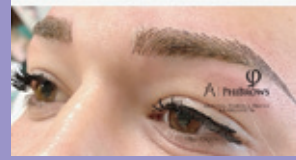
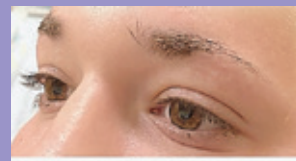
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Urologist Uses Humor to Ease Those Embarrassing Moments

Michael D'Angelo, M.D., Makes His Patients Feel Comfortable With Procedures

MICHAEL F. D'ANGELO, MD, a robotic-trained, board-certified Urologist, is known for his sense of humor and helping to make patients feel comfortable, especially when discussing sensitive medical issues.

Dr. D'Angelo also believes in providing the highest quality of care to his patients and that requires staying up-to-date with the latest procedures, such as the prostatic urethral lift procedure to help men suffering from an enlarged prostate.

"We have a new treatment for benign prostatic hyperplasia, or BPH," said Dr. D'Angelo. "An enlarged prostate can now be treated with the prostatic urethral lift procedure. Prescriptions can be expensive and have side effects. The procedure is a minimally-invasive surgery that is done using sedation, not anesthesia, and results can be seen in a few weeks."

Although a fan of the procedure now, he was not one of the first physicians to get on board with the minor surgical operation.

"I have to admit I was a little hesitant at first. New procedures come along all the time and some don't hold up to the hype. I was waiting to see how the five-year data was for this procedure and the success rate is amazing. Studies show that the procedure is 90 percent effective, and is still effective for 90 percent of the patients five years later," he said. "I have had a lot of success with this procedure. It takes about 10 minutes or so and the patients get to go home the same day."

Dr. D'Angelo said the quick procedure can be done at the Heart of Florida Regional Medical Center in Davenport, where he has practiced at since 2017, or at the Heart of Florida Surgery Center, which is located in the same building as his office. Dr. D'Angelo said the procedure is also approved by Medicare and most insurance companies.



Michael D'Angelo, M.D.

"It is amazing how easy it works. If a person suffering from an enlarged prostate no longer wants to take the pills, this is a safe and easy way to take care of it," he said.

During the surgery, tiny sutures hold the lobes of the enlarged prostate permanently open. More than 37 million men in the United States suffer from the condition. As men get older, the male urethra becomes enlarged and begins to obstruct the urinary system.

When he gives seminars on the procedure he usually has at least a couple of men come up to him afterward ready to make an appointment. He has also had several women come up and want to make appointments for their husbands as well.

"Men who suffer from frequency, urgency and having to get up several times during the night to urinate or men who have trouble passing urine will absolutely benefit from this procedure," Dr. D'Angelo said. "This simple surgery can have a life-changing effect on their way of life. It does effect the spouse. They have to deal with being awoken three or four times a night and it takes a toll."

Dr. D'Angelo said he loves hearing from his patients how quickly they recover.

"I have one patient, he would ride his bike 50 miles a day. Two weeks after the surgery he was back to riding his bike," he said. "I had another patient who had just stopped going places and doing things because he always felt the need to go to the bathroom. He could tell you exactly where every bathroom was located in all of the stores near his house. He had the surgery and now he is out there living his life again. That is great. Those are the kinds of results a doctor wants to see."

In addition to the BPH procedures, he also specializes in erectile dysfunction or impotency, kidney stones, male and female incontinence, urinary retention, urinary tract infections, Peyronies disease, and several cancers - including kidney, bladder, prostate and testicular.

Dr. D'Angelo is passionate about the level of care he gives to his patients.

He first brought his expertise in the field of robotic assisted surgery to Heart of Florida Regional Medical



Center and the Heart of Florida Physician Group in April 2017.

Dr. D'Angelo said he finds that using the robotic technology is the best course of action in treating the majority of his patients.

"My goal is to improve the quality of life for my patients and offer individualized solutions using advance technology," Dr. D'Angelo said. "The technology can help patients recover faster, with shorter hospital stays and in some cases they can go home the same day."

Dr. D'Angelo, who is certified in Advanced Robotic and Laparoscopic Surgery, is no stranger to the technology having started in the field of robotic surgery in 2001.

"I was at the Mayo Clinic in Minnesota and was researching laparoscopic techniques and they had robotic training equipment there as well, so I started training on that and just really enjoyed the technology aspect," he said.

He launched two successful robotics programs at two South Florida hospitals before joining the Heart of Florida family in 2017. A move he has never regretted.

Although not a native of Florida, Dr. D'Angelo has called Florida home since 2002 when he moved to Naples after he had completed his six-year urology residency at the Mayo Medical Graduate School in Rochester, Minn. He graduated Cum Laude from Creighton University School of Medicine in Omaha, Neb.

Dr. D'Angelo is a member of The Society of Laparoendoscopic Surgeons and the American Urologic Society. He is board certified by the American Board of Urology.

Dr. D'Angelo sees patients in his offices in Davenport, Champions Gate, Winter Haven and Lake Wales. To make an appointment with Dr. D'Angelo, call **844-634-DOCS (3627)** or visit our website, www.HeartOfFloridaPhysicianGroup.com.



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skinade

THE NEW FOUNTAIN OF YOUTH?



WHAT IS SKINADE?

Skinade is a multi-award winning, natural peach and mangosteen flavored anti-aging collagen drink containing a dynamic formulation of active ingredients that boosts your body's natural production of. Skinade was developed by leading UK scientists and is designed to provide a perfect ratio of liquid to active ingredients to create one of the most advanced, effective and bio-available anti-aging skincare products on the market today.

WHAT DOES IT DO?

Skinade delivers essential micronutrients in liquid form and works to rebuild the collagen matrix in your skin. Skinade acts to combat the signs of aging by reducing oxidative stress, increasing moisture and hydration and increasing natural hyaluronic acid production within the dermal layer of the skin. As a result you will notice an improvement in your skin's youthful appearance, improved tone, texture, hydration and smoothing of fine lines and wrinkles.

WHAT HAPPENS AS WE AGE?

Fine lines, wrinkles and sagging skin combined with a natural decline in the body's ability to regenerate new cells, are all visible signs of aging. Over the past decade, intensive research into skin aging has shown that the major differentiator between youthful and aging skin is the health and integrity of the collagen matrix in the dermis, the support structure below the skin's surface.

In aging skin, the collagen matrix is weakened, broken and fragmented, impairing the structure of the dermis. As the collagen matrix degenerates, it becomes brittle, fragile and loses its capacity to maintain hydration. Maintaining the health and structure of the collagen matrix is key to targeting these skin concerns and can dramatically improve the skin's youthful, healthy appearance. Studies show that the most effective way to maintain the collagen matrix is to boost the body's own production of collagen by ingesting collagen peptides.



HOW DOES IT WORK?

Skinade is a drink that works from the inside out. It's six active ingredients work synergistically to promote optimal skin function. As a liquid supplement, its innovative formulation is highly bio-available, meaning that the body can absorb and make use of a higher proportion of the active nutrients. To consume the same level of essential nutrients and collagen peptides you would have to take at least 20 large tablets. Collagen tablets are more difficult to ingest and assimilate into the body and are only partially absorbed. Most tablets offer an absorption rate of only 30% to 40%. The collagen and essential ingredients in Skinade are in liquid formulation and 90% to 95% are absorbed by the body. This is a level of absorption that can never be matched by tablets or powders suspended in solution.



BEFORE

IMMEDIATELY AFTER



BEFORE

AFTER 7 DAYS



BEFORE

AFTER 12 WEEKS

VISIBLE BENEFITS

Clients who are drinking Skinade typically report the following results:

- Increased skin hydration and radiance
- Reduced appearance of fine lines and wrinkles
- Increased skin suppleness
- Healthier looking hair and nails
- They also report that people comment on how refreshed they look

CLINICAL RESEARCH RESULTS

Comprehensive clinical studies confirm that the collagen peptides in Skinade offer exciting new anti-aging and overall skin health benefits. The effectiveness of skinade collagen peptides was tested in two clinical studies conducted in France and Japan on 80 women aged 35 to 59.

- After 8 weeks, 91% of the peptide group showed a significant improvement in skin hydration by up to 28% compared to the placebo group.
- After 12 weeks, the number of micro-relief furrows significantly decreased by 26% in the peptide group. In the placebo group, the number of deep wrinkles increased by 30%.
- Skinade's collagen peptides increased skin suppleness by 19%

- After 6 weeks, 77% of the peptide group's micro-relief furrows decreased by 41% and after 12 weeks, 68% of the group showed a 17% decrease in total wrinkle surface.

Complete research information available at <http://us.skinade.com/the-science#the-studies>

Skinade is only available at Bella Viságe Medical & Aesthetic Rejuvenation in Lakeland.



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HOW DOES STEM CELL THERAPY WORK?

How do I avoid surgery? You're not alone if you have asked that question. Many today take pain masking drugs in order to avoid surgery. All they're doing in many cases though is chasing their pain with those drugs – not eliminating it. In those cases, the pain will always be there and will likely get worse when those drugs aren't available. Unfortunately, in some cases, these may be the best or last resort.

"Stem Cell therapy is an outpatient treatment as simple and familiar as getting a flu shot"

What if there were thousands of people who eliminated their pain without resorting to drugs or surgery? What if there was a way for your body to correct the ailment causing that pain? Stem Cell therapy is an outpatient treatment as simple and familiar as getting a flu shot.

So what is stem cell therapy and how does it work?

The umbilical cord blood of healthy, live births, contains a complex combination of growth factors, proteins and stem cells which provide a highly active regenerative mixture. When a child is born, the parents are asked if they would like to 'bank' the cord blood, dispose of it or donate it. The donated cord blood undergoes an intense

screening process to ensure the best and safest result. The resulting stem cells are then cooled in liquid nitrogen with a temperature of -321 degrees. Two separate third party testers test the stem cells before and after they are frozen to ensure they meet criteria. Those stem cells remain dormant until time for treatment and can hypothetically remain that way (and their potency) for years.

Prior to therapy, potential patients are brought in for a candidacy evaluation with the doctor who would perform the procedure. Medical records are reviewed, recent imaging is reviewed (or new imaging taken) and other physicians and '-ologists' who have treated the patient are consulted as needed. If everything checks out and there is a good track record of treating the particular injury or diseases causing the pain, the treatment is approved and a date for the injection is set.

The treatment itself takes actually less time than it takes to warm up the stem cells and 'awaken' them from their

dormant state. Using guided ultrasound the stem cells are injected directly into the area in need of treatment. A band aid is applied and that is it! For treatment of autoimmune diseases, the stem cells are delivered intravenously (an IV). The patient is free to leave and go about their day. Follow-up consultations are often requested to track the patient's progress and often some level of physical therapy is recommended for best results as the healing takes place.



Brandon Stem Cell clinic helps people heal from a wide array of diseases and injuries

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- Rheumatoid Arthritis
- Rotator Cuff Tear
- Intramuscular Strains & Tears
- Lung Disease

For more information, and upcoming webinars & seminars near you visit their website at www.BrandonStemCellClinic.com.

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WHEN TO VISIT AN URGENT CARE

When you, your child, or a loved one has fever, sprains an ankle, gets an ear infection or gets overheated, it can be quite challenging to get a same-day appointment with your primary care doctor, and the emergency room may not always be the best choice.

“WE FOCUS ON
GIVING PATIENTS
ACCESS TO THE RIGHT
LEVEL OF CARE, IN
THE RIGHT PLACE AND
AT THE RIGHT TIME.”



Choosing between an ER and urgent care can often be very confusing. Urgent care centers could be the best option for minor illnesses or injuries. Urgent care centers are equipped to treat a variety of conditions and injuries with on-site lab and radiology services. Patients may receive care quicker and at a lower cost than a trip to the ER.

Avoiding the emergency room when appropriate, is extremely convenient with BayCare’s multiple urgent care locations throughout the Tampa Bay area.

BAYCARE URGENT CARE

BayCare is the leading health system in the region to provide 18 urgent care locations in Pinellas, Hillsborough, Polk and Pasco counties. BayCare Urgent Care offers quick, high quality health care from an experienced team of clinicians for adults and children ages two and older.

BayCare Urgent Care provides convenient access to high quality, compassionate care for patients with medical conditions including minor illnesses and injuries, flu and colds, sprains and strains, urinary tract infections, ear pain or infections, animal or insect bites, minor cuts, stings and burns.

“We focus on giving patients access to the right level of care, in the right place and at the right time,” said Nathan Keith Waldrep, MD, director – chief medical officer at BayCare Urgent Care. “We’re here to take care of those episodic injuries and illnesses that pop up occasionally that don’t require someone to go into an emergency room and for those that can’t see their primary care today.”

BayCare offers a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The centers provides school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

To enhance patient experience, BayCare Urgent Care allows visitors to hold their place online through Save Your Spot. Some facilities also provide extended hours to meet the needs of people with busy schedules.

BayCare Urgent Care is part of BayCare Health System, a leading not-for-profit organization comprised of 15 hospitals and hundreds of other convenient locations throughout Tampa Bay and central Florida regions. Due to BayCare’s hundreds of access points, BayCare provides a full continuum of care through its inpatient, outpatient, imaging, diagnostic, behavioral health, laboratory and wellness services – providing seamless and convenient care for patients and their families.



For more information,
visit BaycareUrgentCare.org
or stop by a BayCare Urgent Care center.

SUPER FOODS FOR A NUTRITIOUS DIET

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Rosemary – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Eggs – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

Find more health-conscious tips at eLivingToday.com.

Source: eLivingToday.com





Pain Medication

According to the statistics we as a nation are undoubtedly ensnared in a malevolent tide of Narcotic dependence and abuse and it is irrefutable that this affliction must be controlled, curtailed and treated.

However, in the unrelenting efforts to stem this tide of abuse and stay within the purview of the narcotic laws, the health care providers thought has turned one dimensional and effort one directional. The pendulum of control has swung so far to one side that the health care providers sometimes completely overlook the medicinal benefit of this timeless remedy of the pain malady.

They blatantly deny pain relief to even those in their twilight and sunset years whom are in

desperate need of their health care providers proves to pour with kindness into their wounds the balm of healing and comfort.

It is axiomatic that the laws are for the benefit and happiness of a society and not for infliction of pain or torture. Analogous to the speed limit on a road which is for every one's safety and not a prohibition for motorist, laws on dispensing pain medicines is to prevent the pain of addiction and not as a hindrance to pain relief. Not everyone is a candidate for pain medicine and not everyone is an addict. The course of pain never runs smooth "and while the physicians must honor the need of their patients and do what is necessary the patients have to be educated about the proper usage, dependence and addiction potential of these medicinal products.

About Dr. Khan



Dr. Khan is an Anesthesiologist specializing in pain management. He established his interventional practice in the Lakeland area in 1997.

Dr. Khan completed his surgical training at the Medical College of Ohio, Surgical & Anesthesiology at Stonybrook New York, Acute & Chronic Interventional Pain Management Fellowship at New York Medical College, and Critical Care Fellowship at USF.

He is Board Certified in Anesthesia, Critical Care, and Pain Management.

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Walk in the clinic as a patient,
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DIABETES & HEARING LOSS: What You Need to Know

Kevin T. Barlow, Au.D.



You're probably aware of hearing loss and diabetes – both common public-health challenges – but did you know these two conditions can go hand in hand? Hearing loss is more than doubly prevalent among those with diabetes, offering yet another reason to stay atop your regular hearing checkups.

Nearly 10% of people in the U.S. have diabetes, according to the American Diabetes Association. Though it's a chronic metabolic disease that isn't yet curable, diabetes can be managed. Left uncontrolled, however, it may lead to other problems such as cardiovascular disease, kidney damage, and hearing loss.


How exactly are hearing loss and diabetes linked? The science isn't yet conclusive on all the ways and whys, but research has identified poor blood flow to the inner ear as a culprit in hearing loss among diabetic patients.

One significant finding is that hearing impairment is 2.1 times as common among adults with diabetes — regardless of age, according to a study published in the *Journal of Clinical Endocrinology & Metabolism* in 2013. In addition, the American Diabetes Association estimates the rate of hearing loss to be 30% greater among prediabetic U.S. adults.

Diabetes-linked hearing issues commonly affect high-frequency hearing, potentially making it harder to understand speech in noise. Indeed, diabetes may play a role in hearing loss, but you can fight back by helping reduce your overall risk of hearing impairment.

Some prevention tips:

- Manage your diabetes if you have it, using strategies created with your medical doctor.
- Reduce exposure to excess noise, one of the most preventable causes of hearing loss.
- Eat a balanced, nutritious diet, which contributes to better ear functioning.
- Avoid tobacco use, a risk factor for cancer, hearing loss, and many other problems.
- Stay physically active, because excess weight not only ups the risk of diabetes but can tax your hearing.
- Have your hearing evaluated by a licensed audiologist at least once a year — just like regular eye and teeth care — for early testing, detection, and treatment of any problems.



DIABETES-ASSOCIATED HEARING LOSS COULD AFFECT ONE OR BOTH EARS, MAY OCCUR SUDDENLY OR GRADUALLY, AND COULD APPEAR WITH OR WITHOUT BALANCE PROBLEMS OF THE INNER EAR, BUT ROUTINE PROFESSIONAL HEARING CHECKS CAN HELP CATCH POTENTIAL ISSUES EARLY. SO DON'T WAIT. IF YOU HAVE DIABETES, SEEK A HEARING SCREENING TO HELP SUPPORT YOUR BETTER HEALTH TODAY.

CHECK YOUR HEARING

- Do people around you seem to be mumbling?
- Are you often reading lips to follow conversations?
- Do loved ones complain about your TV volume?
- Are you experiencing humming, buzzing, or ringing in your ears?
- Do you have a difficult time hearing the doorbell?
- Do you miss key words in a sentence?
- Do you frequently ask people to repeat themselves?
- Is it challenging to understand others on the phone?

If you answered “yes” to any of these questions, you might be experiencing some hearing loss. Schedule a professional hearing exam.

Sources:
Horikawa C et al. Diabetes and Risk of Hearing Impairment in Adults: A Meta-Analysis. *Journal of Clinical Endocrinology & Metabolism*. 2013;98(1):51–58. **American Diabetes Association.** Statistics About Diabetes. <http://www.diabetes.org/diabetes-basics/statistics/>. Accessed June 6, 2019. **American Diabetes Association.** Diabetes and Hearing Loss. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/seniors/diabetes-and-hearing-loss.html>. June 6, 2019. **The Hearing Review.** Annual Audiological Evaluations Should Be Mandatory for Patients with Diabetes. <http://www.hearingreview.com/2015/12/annual-audiological-evaluations-mandatory-patients-diabetes/>. Accessed June 6, 2019.

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A NEW ERA FOR BUNION CORRECTIONS

Making Bunions a thing of the past with this game changing surgical procedure



A form of arthritis can cause painful, red, bony growths; consequently, bunions can also be hereditary and run in families, especially in females, generation after generation. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. One of the leading exacerbations of a bunion is from wearing shoes that are too tight, too narrow or too high. All of this causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths.

YOU HAVE OPTIONS

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is not unusual, as most bunions fail to heal on their own, surgery is the definitive answer.

In traditional bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks.

The problem with traditional surgery is that it doesn't address the root cause of the bunion deformity, but rather temporarily or cosmetically removes the bony growth, leaving the real deformity, which is midfoot, unaddressed.

That’s why it’s not uncommon for bunions to return after surgery.

In reality, bunions are complex 3D deformities caused by an unstable joint which allows your bone to lean, elevate, and rotate out of alignment.¹

THERE IS A BETTER WAY!

A procedure called Lapiplasty®, which is a 3D surgical approach, fixes the 3D deformities at the core with a minimally invasive approach. Instead of cutting and removing bone, it corrects the deformity at the mid-bone malformation (metatarsal bone) without unnecessary bone removal. Lapiplasty® moves the metatarsal bone back into its normal position and secures it there permanently. You’ll never need another surgical or therapeutic intervention for the bunion again.

HOW THE LAPIPLASTY® PROCEDURE WORKS

The Lapiplasty® Procedure naturally restores your natural anatomy. There’s no need to cut and shift the normal metatarsal bone as with osteotomy (2D surgery). The entire metatarsal bone is simply rotated and shifted back into position, eliminating the unsightly bump. And, the unstable foundation is permanently secured with patented, titanium technology allowing you to get back on your feet quickly!¹

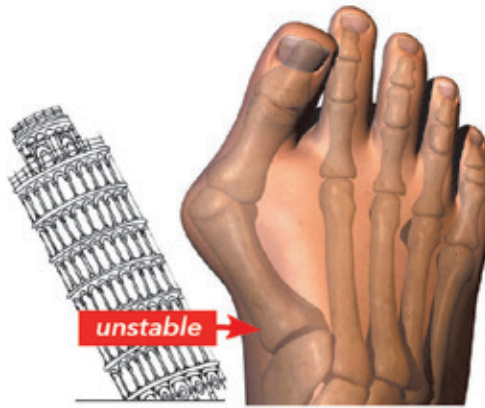
This 3D approach not only treats the root cause of the bunion, but it also repositions the toe and foot alignment precisely as it once was, and it lessens the healing time significantly, and it’s permanent.

BUNIONS ARE PAINFUL! It’s always best to be proactive and get them treated before they get too advanced.

A podiatrist will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.

“IT’S A GAME CHANGER”

– Dr. Gabriel F Delgado



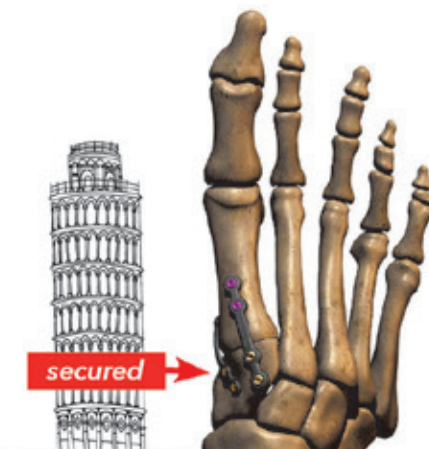
Bunion Deformity

An unstable foundation allows the metatarsal bone to drift out of 3D alignment, causing the visible “bump” on the inside of the foot.



Osteotomies (Traditional Surgery)

“Osteotomies” target the cosmetic bump by cutting and shifting the bone in 2D, but do not address the 3D deformity or the unstable foundation.



Lapiplasty® 3D Bunion Correction

This advanced procedure precisely corrects the 3D metatarsal alignment and secures the foundation, allowing you to walk within days of surgery.*



Hallux Valgus

Lapiplasty

Mid Florida Foot, Ankle & Vein Clinic provides pain-reducing, comprehensive, cutting-edge treatment. Their podiatrist, Dr. Gabriel Delgado, can treat all foot problems and even performs in-office surgeries. Rest assured you'll get patient-focused care from their highly skilled and compassionate staff.

To find out more, or to schedule your appointment, please contact Mid Florida Foot, Ankle & Vein Clinic today.



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1. Treace Medical Concepts, Smith B, et al. 2017 AOFAS Annual Meeting, Seattle, WA, 2019, Treace.com

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By Charles Etgen Certified Aging in place consultant



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Handicap tub conversions from the Tub Cut are not what you might imagine. Instead of ripping out your existing bathtub or shower unit, we simply adapt it to fit your mobility needs, making your existing tub “walk-in,” removing any potentially dangerous barrier to entry and exit. Our process involves using special tools to cut a section out of the side wall of baths and bathtubs

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or you no longer require accessibility options. The Tub Cut, therefore, offers exceptional value for money on handicap tub converters, retaining the value of your property.

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LAKELAND REGIONAL HEALTH SELECTS Reliance Medical Centers For New Initiative In Delivering Exceptional Value-Based Care For Breast Cancer Patients

The concept of value-based care was first made known in 2006 in a book published by Michael Porter titled "Redefining the Healthcare System." Since then, value-based care programs have been introduced across the country; however, the challenge lies with healthcare providers. There are still many healthcare providers who have not embraced value-based care, and even with those who have, there is a significant variance in the degree to which value-based healthcare is provided. Recently, Lakeland Regional Health selected Reliance Medical Centers for an initiative designed to provide end-to-end value-based care starting with breast cancer patients.

In this article, I interview Dr. Toan Nguyen and Dr. Vanessa Prowler, board-certified, fellowship trained breast surgeons with the nationally accredited Comprehensive Breast Cancer Program at the Hollis Cancer Center. They explain why they lead with value-based care and why they team with Reliance Medical Centers to deliver better healthcare outcomes for Reliance patients.

Q: "Why is the Hollis Cancer Center leading the way with value-based care?"

A: "Providing value-based care is in the best interest of patients, and that, of course, is our primary concern at Lakeland Regional Health. Breast cancer has the highest survivorship rate of any cancer, with a greater than 95% chance of women diagnosed with early-stage breast cancer still alive at ten years. However, this diagnosis has a massive impact on a patient's life far beyond the disease itself, such as pain, emotional, relationship, and self-esteem stresses, etc. which drive down the overall quality of life. What we know is that the more support and guidance we give patients in dealing with the collateral effects of breast cancer, the better the overall health outcome and the longer our patients stay alive. As a result, our value-based patient care initiatives reach beyond treating a patient for the disease to include provision of care and services to improve a patient's overall quality of life."



Dr Toan Nguyen - Left and Dr. Vanessa Prowler



LRH Hollis Cancer Center

Q: “How is this achieved?”

A: “We achieve this in numerous ways; for example, both of us are the only certified Hidden Scar specialists in Polk County. This skillset significantly reduces the visibility of post-operative scarring and can help retain a patient’s breast shape, both of which help patients with reduced discomfort and improved self-esteem. We take great care and significance in the cosmetic outcomes following breast surgery as the scar is often the only reminder of a patient’s diagnosis. Another example is the way we utilize important data in real time from current clinical trials research. A major national, multi-institutional study that was published in the New England Journal of Medicine in 2018, requiring over a decade to obtain results, showed that about 70% of patients who are diagnosed with estrogen-positive, node-negative breast cancer do not need chemotherapy following surgery. Acting on this research means that it is not necessary to give chemotherapy to the majority of patients diagnosed with breast cancer. Less is sometimes more, and this considerably reduces suffering, pain and discomfort for the patient.

Additionally, we have created a strong patient navigation team to help patients understand and navigate all aspects of their disease and treatment. This helps patients considerably who generally find medical conditions like cancer and the system, in general, very intimidating and complicated. Our support helps them get through the system, helps them understand more and in turn, reduces anxiety and stress. So, by looking closely at each patient as an individual, knowing more about them and providing a more holistic care solution give rise to better outcomes with less discomfort and stress to the patient.

Also, our patients take comfort in our membership in the Mayo Clinic Care Network, where both of us,

as well as all our physicians, have access to Mayo Clinic’s world-renowned expertise and can seek second opinions to complex medical questions.”

Q: “Why have you selected Reliance Medical Centers to collaborate with you?”

A: “Much like ourselves, we saw that Reliance Medical Centers had introduced breakthrough value-based care initiatives like giving patients a Personal Medical Concierge and a Care Focus Team, which is innovative and not common in the field, making it very easy for us to collaborate with them. Relevant patient information passes freely between the two organizations at different levels, which in turn enables both organizations to provide the best and most appropriate care during the initial treatment period and beyond on an ongoing basis.

Putting patients at the center of care means that we need to know more about the patient, for example, their social and family settings in addition to the patient’s medical history. Open lines of communication and complete transparency between the primary healthcare provider and the specialist is a real benefit. It allows us to go beyond reading a patient’s medical records so that both organizations can offer a comprehensive custom care solution throughout the patient’s life.”

Q: “How will this collaboration work?”

A: “Initially, it is all about communication. Because Reliance Medical Centers provides each of their patients with a Medical Concierge and a Care focus Team who can communicate freely with us and our patient navigation team, this means that both organizations can work together as a single holistic healthcare solution provider. Furthermore, we will introduce additional systems and protocols to streamline the process, minimizing delays, and decreasing unnecessary treatments. Having a

relationship with Reliance Medical Centers, which is also leading the way in delivering value-based care, makes it far easier for both organizations to work together to provide a solution that ensures the best possible health outcomes for patients.”

During the interview, it was clear that being fully committed to taking value-based care to a whole new level can help deliver the best health outcomes while at the same time reduce treatments, stress, and anxiety for patients, improving their overall experience. Beyond this, what is particularly exciting is that this innovative collaboration further elevates the care process, increasing the opportunity to deliver the best possible outcomes.

Reliance

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 Lab: 7am – 4pm

RelianceMedicalCenters.com



TARGETING ALZHEIMER'S DISEASE WITH CBD

One of the hardest things to accept in life is the changes we experience as we get older – and it is not only scary for the person experiencing these changes, but it's hard to measure the damage done to those closest to the person affected. We've already touched on one of these conditions in this book – osteoarthritis – but this one is a little more concerning to our aging community – Alzheimer's disease.

Alzheimer’s affects one-in-ten people age 65 and older and an estimated 5.5 million people age 65 and older – as well as roughly 200,000 individuals under the age of 65 – suffer the effects of Alzheimer’s disease. Many of these people will go on to have dementia before finally passing away. While this condition may seem more like a mental health disorder when in fact it is a very physical condition that is degenerative and very progressive – and as far as we know, irreversible.

However, some studies believe that CBD may have the potential to slow the progression of Alzheimer’s disease, and possibly even be the first method with the potential to repair the damage that has already been done.



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Don't panic, it's organic

Since the endocannabinoid system plays a role in memory, it should not come as a shock that CBD may be able to play a part in the elimination and even the prevention of Alzheimer’s disease. A Ohio State University professor and an expert on brain inflammation and Alzheimer’s says that their surveys have found that individuals who smoked marijuana in the 60s and 70s “hippie era” are not getting Alzheimer’s at the rate that was expected, based on previous retiring generations. However anecdotal this revelation is, it still stands to reason that inflammation and neurological modification are necessary in fighting and preventing Alzheimer’s disease.

The CBD Store Lakeland

At Your CBD Store, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers’ needs in mind, using other cannabinoids and terpenes, creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store Lakeland is moving plant medicine to the 21st century.

SunMed Broad Spectrum Hemp Oil and SunMed Hemp Oil products are intended to be used as an herbal supplement. Please consult your doctor before you quit taking any medications with intentions of replacing them with the natural and holistic option of CBD. These products have not been reviewed by the U.S. Food and Drug Administration (FDA) and are not approved treatments for any medical conditions.



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**New Winter Haven location
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MICROPIGMENTATION:

THE ALTERNATIVE CHOICE THAT DELIVERS COSMETIC RESULTS WHEN EVERYTHING ELSE FAILS ALOPECIA TREATMENT

(Part I)

What exactly is alopecia? Alopecia is the medical term for hair loss that might be related to natural causes (generally due to hereditary factors and aging), or to a medical disorder (specific diseases or medication intake). Regardless of the cause, alopecia is a condition that has cosmetic consequences that frequently impact the individual on a psychological level and affect their self-esteem, self-confidence and even social interactions. For many people suffering from alopecia, this is not an important issue. However, for the ones that do feel affected, it is a matter that needs to be addressed. Even if there are no medical aspects involved, our emotional health and wellbeing are as important as the physical. In this first article we are going to study the main types of alopecia and briefly introduce the concept of Micropigmentation as an alternative solution for alopecia in scalp, eyebrows and lashes. In our next article we will discuss this technique in a detailed way.

It is important to understand the different types of alopecia as they define the cause of the loss, a matter that determines important aspects such as the severity of the hair loss and possibilities of a successful treatment. For an easier overview of alopecia, I have put together this table.



Scalp micropigmentation client with advanced alopecia areata

Alopecia Type	Definition	Treatment	Prognosis
ALOPECIA AREATA	Also known as spot baldness. Hair is lost from some or all areas of the body resulting in bald spots on the scalp, each about the size of a coin.	No therapeutic options that are 100% curative or preventive, especially for cases of severe hair loss where limited success can be achieved by using corticosteroid medications, injections or cream.	Objective prognosis is difficult to achieve as the possibilities of spontaneous hair regrowth, or positive response to treatments, vary from person to person. Usually, when the hair loss starts with a few bald spots, there is a good possibility of re-growing after 3-12 months. When the hair loss starts with several bald spots, the hair can either re-grow back, or the loss can progress to alopecia totalis, or even alopecia universalis.
ALOPECIA TOTALIS	A type of alopecia that causes total loss of head hair , including all facial hair, eyebrows and eyelashes. This total head baldness often occurs within six months of the onset of the condition.	There are several treatments for this kind of alopecia (corticosteroids, topical immunotherapy, Minoxidil, Diphencyprone, Ultraviolet light therapy, Tofacitinib). The level of effectiveness of each treatment varies from case to case.	This can be a temporal or a permanent condition. There's no way to achieve a totally accurate prediction of the evolution of the condition or the effectiveness of a treatment, but the possibilities of a positive outcome increases with an early diagnosis and treatment.
ALOPECIA UNIVERSALIS	An advanced form of alopecia areata. It is the less common but most extensive form of hair loss. It is considered a medical condition and it involves the loss of all hair (face, scalp and body)	Despite that there are several emerging treatment options being researched and showing positive outcomes, up to now there is no known therapy to be able to cure this condition. The treatment depends on each person's age, health condition, medical history and severity of hair loss. Most common current treatments are Diphenylcyclopropenone, Squaric acid dibutylester, Steroids, Cyclosporine.	There is no effective way to predict the progress of the condition, or response to a specific treatment. The hair loss might stay as bald spots along the body, scalp, face, eyebrows and lash line, or progress to the total loss of all head and body hair. In the less severe forms of the condition, the hair might regrow over time, or the bald spots might stay in remission without showing hair regrowth, but also without increasing area.
ANDROGENETIC ALOPECIA	Also known as pattern hair loss, or female or male pattern alopecia This type of hair loss primarily affects the top and front of the scalp.	There are several treatments that slow down or even stop the hair loss. Other treatments aim to recuperate the lost hair through surgery. The effectiveness of all treatments vary from person to person	There is not an effective way to predict the progress of the condition or the response to a specific treatment. Some people might lose most of their scalp hair; some might have a patterned or non-patterned thinning but retain a good amount of scalp hair.



Lash line micropigmentation & microblading eyebrows for a client with alopecia totalis



Eyebrows restoration for a client with alopecia areata



So we can see that, although there is no “cure” for alopecia, some individuals may find a treatment that is effective for their condition. Unfortunately, most are ineffective if the condition is in advanced stages. Does this mean that for some people, resigning to the partial or total loss of scalp hair, eyebrows and lashes is their only option? No, there are other options besides the use of wigs, makeup and strip

lashes. I’m talking about micropigmentation, a form of cosmetic tattooing that can simulate the appearance of a scalp full of hair follicles, full eyebrows and create the illusion of density/darkness along the lash line in order to frame the eyes in absence of eyelashes. We will discuss this technique in our next article, but for now, let me illustrate with a few pictures of post treatment results. I’ll see you in our August edition!



I am a Colombian native, happy wife, and a proud mom. Former psychologist & educator. Currently a practicing Esthetician & PMU artist. I just love my new life and career in the USA providing Permanent Cosmetics and Skin Care Services!



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What Happens After a HAIR TRANSPLANT?

By Alan J. Bauman, MD, ABHRS



While patients report undergoing a hair transplant as a life changing experience that restores their confidence and youthfulness and improves their quality of life, it is important to understand that the change doesn't happen overnight. Results take time and treating hair loss successfully for the long-run takes a commitment that doesn't end after your transplant. Note: Transplanted hair is relatively permanent, but your other hair may not be!

WHAT TO EXPECT DURING RECOVERY

The procedure itself is comfortable and the new, less-invasive “FUE” approach have made recovery faster and easier for patients. Because there are no staples or stitches with today's advanced surgical techniques, there is no tension on the skin, and most patients are able to resume regular activities within just a few days following a hair transplant.

Patients can expect a little soreness following FUE surgery for maybe a day, but most don't require anything stronger than over-the-counter pain medication.

ACCELERATING HEALING AND REGROWTH

Today, more and more doctors performing hair transplantation are using Platelet Rich Plasma (PRP) to help wounds heal faster and reduce the cosmetic downtime from a hair transplant procedure. PRP is used to accelerate the body's recovery mechanisms and create an optimal environment for wound healing to occur comfortably and quickly.

Many hair transplant patients also often opt to use a physician-prescribed laser therapy device to help accelerate healing and decrease discomfort after surgery.

A MULTI-THERAPY APPROACH

The goal for the hair transplant is to replace the hair that you've lost, but continued treatment may be necessary to protect that hair that you have from suffering the same follicular fate. Often, as it is in many areas of medicine, “multi-therapy” or a combination of several different

treatments, may have the best success for achieving long-term success.

Treatments like PRP, PDOgro™, laser therapy, custom-compounded topical minoxidil like Formula 82M, and other interventions can be part of long-term treatment plan to help protect hair follicle function in the non-transplanted hair.

A LONG-TERM INVESTMENT

One of the hardest parts of treating hair loss is helping the patient understand that it is a long-term investment and process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. This is especially true for hair transplant patients. Continued care and commitment is necessary to ensure optimal results from the procedure and also to effectively maintain the non-transplanted hair. It is essential to follow your doctor's post-op instructions carefully and thoroughly and keep your recommended appointments to ensure the best long-term results.

Routine follow-ups are important in order to determine how well the follicles are responding to the treatments, and to see if changes should be made in the therapy regimen.

Approximately every two to three months following the procedure,

you will be scheduled to return to the office where they will monitor the healing of the donor area and hair growth, which will begin to be visible in approximately four months. All follow-up appointments are critical to the success of the procedure and must be kept. For patients who live out of the area, arrangements can be made to schedule “virtual” follow-ups (via phone or video call) to carefully monitor the recovery progress.

It is important to keep in mind that it can take more than a year to see the full, final results from any procedure or treatment. This is longer than many





other cosmetic treatments or procedures that patients have experience with so many patients are tempted to end their hair treatments too soon. Ending treatment prematurely will disrupt any progress that had been made.

TIMING YOUR TRANSPLANT

So when is the right time for a hair transplant? That depends. When it comes to hair loss, the biggest takeaway for patients should be that early intervention is the key to preventing and managing hair loss. There are many considerations your hair restoration physician will discuss with you in determining if you are a good candidate for hair transplant surgery. Among these deciding factors is lifestyle, health conditions, health of

the scalp, amount of healthy “Donor Hair,” hair loss classification, commitment to follow-up care and age.

Patients are always encouraged to seek the counsel of an ABHRS-certified hair restoration physician while in the early phases of hair loss. Early effective medical intervention can prevent the need for immediate transplantation and also reduce the amount and size of hair transplants needed over time.

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit www.baumanmedical.com or call **561-220-3480**.

If you're considering a hair transplant, ask your board-certified hair restoration surgeon about which of these advanced FUE techniques may be right for you:

- **SmartGraft FUE:** SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon's hand, allowing the removal of individual follicular units from the donor area located at the back of the patient's scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area – leaving absolutely **NO** linear scar.
- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety; accuracy, efficiency, and comfort during their hair transplant procedure.
- **NeoGraft FUE:** The original “game-changing” device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a tell-tale linear scar. Just be sure your surgeon is an experienced full-time hair restoration physician, not just someone who's added NeoGraft to a full menu of cosmetic services.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs
Hair Loss Expert

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 9000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of “10 CEOs Transforming Healthcare in America” in Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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THE LEMON

The University of Natural Healing

By Ronna L. Clements, Natural Health & Wellness Innovator

At the very beginning of any kind of illness there is a breakdown of the liver.

One of the liver's functions is to produce six billion types of enzymes and it is these various enzymes that supply the raw materials used by all of the organs and glands of the body. Our organs and glands then add certain materials to the enzymes and produce their own output to perform certain body functions.

3 ounces of fresh lemon juice mixed with 28 ounces of distilled water is the natural base for the six billion types of enzymes needed for all of our organs and glands. Hence, the liver and the lemon are sweethearts.

Four ounces of the above combination (the lemon and the water) taken every hour during the day starting at 8 AM, is just the right combination and concentration to flush and rebuild the liver faster than any other known method.

This practice can be done daily for the rest of your life or it should at least be done for 2-4 months each year to help flush and rebuild the liver.

The lemon is one of the most alkalizing foods. It appears to be the closest to the natural hydrochloric acid produced by the liver and extracted by the stomach glands. It forms an alkaline ash that stirs up latent toxic settlement in the body. This process makes it ideal for getting rid of toxic materials. Lemons loosen and eliminate congesting mucus throughout the body and they stimulate and build nerves and muscles.

Lemons are a miraculous food and each of us should try to incorporate them into our daily diet.

There are many foods for healing, but the lemon is true medicine for our bodies.

Personally, I eat lemons daily and I notice an increase of energy and greater clarity of mind.

So, when life gives you lemons - squeeze them and make lemon water. Your liver will thank you!



IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)


Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



Get legs that look good and feel even better!

Now that shorts and swimsuit season is in full swing, you want your legs to be healthy and look their best. And we can help you get rid of those unsightly, and potentially unhealthy, spider and varicose veins. Getting treatment for these conditions is better for your overall well-being, especially if you're experiencing pain while standing or walking.

You'll find:

- Most patients experience minimal to no downtime
- Treatments designed to reduce or eliminate unsightly veins
- Close-to-home convenience in our Lake Wales and Davenport offices

To schedule an appointment, call **863-204-4305** or go to ***HOFVeinCare.com*** for a free vein screening.



Lake Wales • Davenport

Multiple treatments may be required for best results. Patient results may vary. Consult your physician about the benefits and risks of any procedure or treatment.