

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2019

Polk/Brandon Edition – Monthly

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FREE



**NOT ALL IMAGING CENTERS
ARE EQUAL: MAKING THE
RIGHT CHOICE IS CRUCIAL**

**GUYS: DON'T SKIP
THESE SCREENINGS.**

**MELT FAT AWAY FOR GOOD...
TOO GOOD TO BE TRUE?**

**“INJECTED WITH THE
FOUNTAIN OF YOUTH!”**

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 **BayCare**
Urgent Care

6 Guys: Don't skip these screenings

8 "Injected with the Fountain of Youth!"

10 Not All Imaging Centers Are Equal: Making the Right Choice is Crucial

12 Melt Fat Away For Good... Too Good To Be True?

15 Pain Management From Car Accidents

16 Varicose Veins Are a Medical Condition

18 Meet Your New Doctor

20 Physical Activity Delays the Onset of Age-Related Hearing Loss

22 A New Era for Bunion Corrections. Making Bunions a Thing of the Past With this Game Changing Surgical Procedure

24 Your CBD Store® Lakeland Celebrates 1 Year!

26 Reliance Medical Centers: Not Just Re-Inventing Healthcare, Remodeling It Too!

28 Falling Follicles: "Biohacking Baldness"

30 TubcuT® Can Help Alleviate Slip and Falls and Trouble Getting In and Out of the Baths

31 Spiritual Wellness: Developing Discipline

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- Headache
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- Disc Herniation
- Myofascial Pain Syndrome
- Cancer Pain
- Complex Regional Pain Syndrome (RSD)
- Shingles & Post-Herpetic Neuralgia
- Work-Related Injuries
- Poor Blood Flow Related Pain
- Spinal Stenosis
- Stroke Related Pain
- Neuralgia
- Arm And Leg Pain

Pain Treatments Offered

- Epidural Injections
- Facet Injections
- Nerve Sleeve Injections
- Discograms
- Percutaneous Disc Decompression
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- Radio Frequency Neuroablation
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Guys: Don't skip these screenings.



Gentlemen, you have a lot of responsibilities, manage a lot of moving parts, and take care of your home and family. But are you taking care of YOU?

Men often put off health screenings that could have an enormous impact on their health. Sure, they're not exams anyone looks forward to exactly, but these screenings are absolutely necessary because early detection of certain treatable, beatable cancers could save your life. Get the facts and talk to your doctor.

COLORECTAL CANCER SCREENING

For men of average risk with no family history, it is now recommended that screenings for colon cancer begin at age 45 (per the American Cancer Society). However, this could change based on your risk for colon cancer. Your risk is higher if you have a:

- Family history of colon cancer
- Personal history of certain types of polyps
- Personal history of inflammatory bowel diseases like Crohn's or ulcerative colitis
- Personal history of radiation to the abdomen or pelvis

Being overweight and consumption of red/processed meat, tobacco use, alcohol consumption, and diabetes have also shown links to increased risks for colon cancer.

There are several different ways your primary care physician can screen for colon cancer, and they can recommend a colonoscopy if needed. There's no need to feel embarrassed about having this essential screening that can keep you safe; in fact, it's one of the smartest things you can do for your health.

LUNG CANCER SCREENING

The leading cause of cancer-related deaths among men and women in the United States is lung cancer. Globally as well as here in the U.S., it is a fact that the majority of smokers are men. Discuss with your primary care provider whether you are eligible to be screened for lung cancer.

Criteria to be screened include:

- Age 55-74
- Having smoked at least one pack of cigarettes per day for 30 years or two packs a day for 15 years
- Being a current smoker or having quit within the last 15 years

Of course, if you are a smoker, finding a way to quit can significantly reduce your risk for lung cancer. Set up a dedicated time with your physician to discuss how you can kick the habit.

PROSTATE CANCER SCREENING

This is the most common form of cancer discovered in men, and screening for it has evolved over many years. Although there are no current guidelines to start screening at a certain age, you are encouraged to start discussing prostate cancer screenings with your primary care physician at age 50 (per the American Cancer Society). However, if you are at higher risk for prostate cancer, this discussion should start as early as ages 40-45. Risk factors include:

- Being African-American
- Having a first-degree relative (father, brother) with prostate cancer younger than age 65
- Having a known genetic mutation like BRCA in the family

Screening includes a blood test for prostate-specific antigen, or PSA; an examination of the prostate might be done only if deemed necessary. As there are no obvious symptoms of early prostate cancer, it's important to discuss your need for screening with your doctor. Remember that if prostate cancer is found and treated early, your chances of beating it are very good.

Talk to your doctor about these essential screenings. They could save your life.

About AdventHealth Medical Group

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“INJECTED WITH THE FOUNTAIN OF YOUTH!”



chronic pain as they serve, but their pain is masked with MOTRIN or other NSAID drugs. I once loved being socially active which included but was not limited to, softball, running, football, road biking 20-26 miles or mountain biking with the family, bowling, golfing, fishing, skeet shooting at Lithia Skeet Shooting Range and anything else that my wife could find to keep me busy. My spouse is still serving as an active duty Soldier, and we are so opposite that she is the Yin of the Yang to keep us balanced. So, I began to experience needling pains about four years post retirement which was treated by

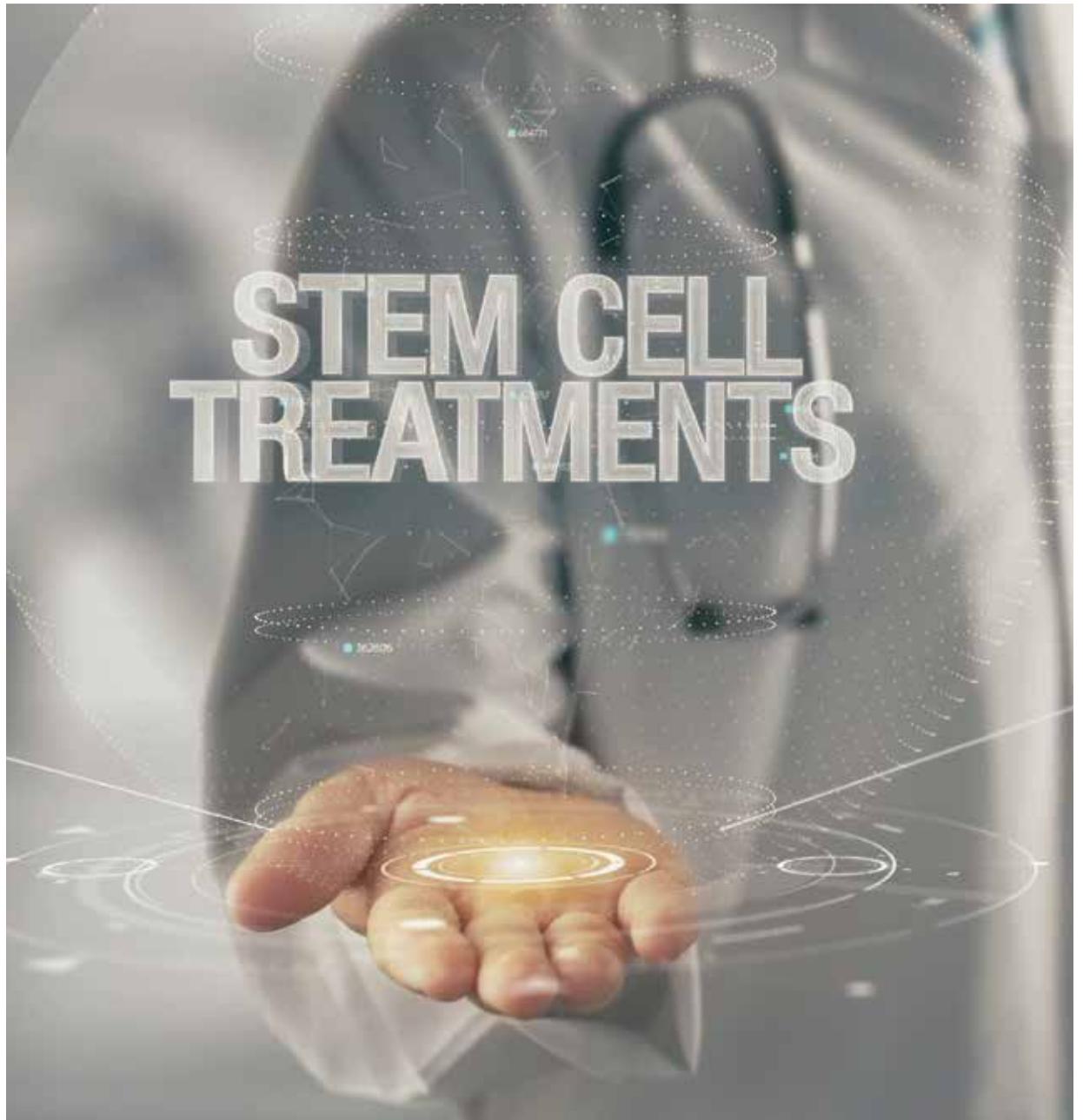
the steroids in the bursa every six months for a year. The pain levels would normally increase following those treatments but were followed up with injections directly into the joint via X-ray 2-3 months later. I always felt relief from both which lasted 2-3 weeks, but each time the pain started to increase, and subsequent MRIs were indicating loss of cartilage. The orthopedic surgeon indicated during the last procedure that hip replacement would be the next option. I told the surgeon of the option I was considering, and he only said...” Make sure it’s Umbilical Stem Cell”! That sealed my decision.



I’m a 55 y/o male who still wanted and desired to live an active lifestyle post retirement from serving in the Army for 31 years and 6 months, and now Brandon Stem Cell Clinic has given me the *fountain of youth*. You see, during my first ten years of service, I was an Infantryman at 135lbs, who’s activities often included monthly road marches of varying degrees of difficulties and distances well beyond 10-12 miles weekly, while carrying almost half my weight during those marches. Soldiers often endure

Dr. Glaros and Leesa Polley at Brandon Stem Cell Clinic were so informative during my initial consultation. I knew that once the injection wore off and if the pain increased again, I only had one option I wanted to consider, the stem cell treatment. The procedure was conducted in office with my spouse in attendance (less than 30 min). The most pain I felt was a pinch, and I walked out as I walked in, just like “Fred Sanford”. There’s no miracle cure when you receive the injection, and I was cautiously optimistic as well as my spouse, but I monitored myself for the “placebo” effect. However, Dr. Glaros was very clear of expectations and timelines (brochure provided) that it could take months, and thus far at 40 days I feel 25% better in strength and length (I can tie my shoelaces). She will provide an at home online rehab program that is very beneficial for targeting and strengthening that joint and or muscle area. In my opinion this has been my most beneficial and difficult part of rehab but has provided the greatest feelings of daily accomplishments. As Dr. Glaros originally informed me, which has come to fruition more than a few times lately, you will say...” WOW, “I couldn’t do that before”! I look forward to my continued healing!

If you are looking for an alternative to surgery for hips, knees, and shoulders call Brandon Stem Cell Clinic at **813-800-7836** to see if you might be a stem cell therapy candidate too!


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Not all Imaging Centers are Equal: Making the Right Choice is Crucial

Todd Jones, Vice president of Ambulatory Experience and Operations

Q: What sets BayCare Imaging apart from others?

A: BayCare Health System has 28 Imaging locations that are connected to 15 BayCare hospitals across the Tampa Bay area. We have a team of radiologists, technologists, administrators and team members who utilize the latest advanced imaging technology to help provide fast and accurate results.

BayCare offers a full range of diagnostic testing from digital x-ray, ultrasound, 3D mammography, CT, PET/CT and MRI testing to minimally invasive interventions such as imaging guided biopsies, pain management and vascular procedures, all performed on an outpatient basis.

All of our imaging locations are ACR (American College of Radiology) accredited. To achieve

the ACR Gold Standard of Accreditation, our facilities' personnel qualifications, equipment requirements, quality assurance and quality control procedures have gone through a rigorous review process and have met the highest level of imaging quality and patient safety standards.

Customer service and patient satisfaction are top priorities. BayCare Outpatient Imaging consistently scores in the 90th percentile in patient satisfaction in the areas of friendliness of staff, skill of staff that performed the test and likelihood to recommend to others. Several locations achieved the 2018 Press Ganey Guardian of Excellence Award for reaching the 95th percentile ranking for patient satisfaction consistently over a one-year period.

Q: What advanced diagnostic technology does BayCare offer?

A: BayCare offers a full range of screening and diagnostic technology to serve the needs of our community:

- Digital x-ray
- Ultrasound
- DXA Bone Density Testing
- 3D Mammography (Screening and Diagnostic)
- MRI
- CT
- PET/CT
- Nuclear Medicine

Q: How are your radiologists trained and experienced in subspecialties and how does this affect the patient diagnosis?

A: All of our radiologists are board-certified. Many are also fellowship-trained in specialty areas such as breast, musculoskeletal, neurology and vascular interventions.

Q: What important factors do you want patients to know when it relates to diagnostic imaging?

A: BayCare Imaging uses the most up-to-date, current technology. We're continuously upgrading our equipment to ensure we are offering the highest standard of care to our patients.

- Our board-certified radiologists are always on-site. This gives our technologists who are performing exams direct access to the radiologists for consultation – to ensure we provide the best images possible for the most accurate diagnosis.
- BayCare's imaging technologists are not only compassionate and caring; they are accredited in their field and participate in ongoing education, ensuring they are up-to-date in their specialty area.

Q: What else does BayCare Imaging offer?

A: BayCare Imaging offers the following:

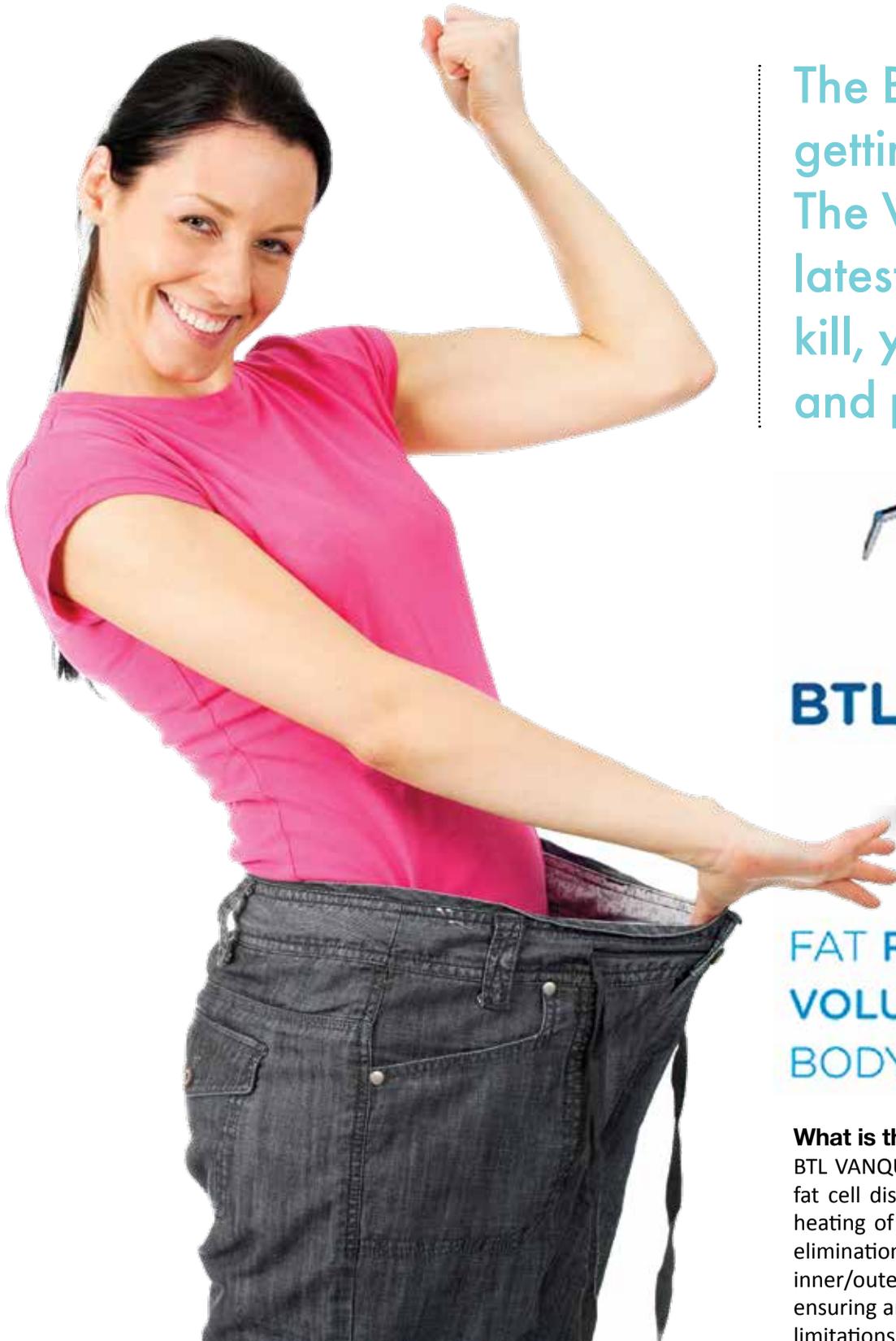
- **Online scheduling**
- **Same Day Appointment/Walk-In availability for X-rays**
- **We contact the ordering physician with abnormal results. For example: For diagnostic mammography testing, patients know their result before they leave their appointment.**
- **We provide 24-48 hour report turn-around for referring physicians**
- **Test results are now digitally available to physicians through our physicians portal and to patients through BayCare's patient portal**
- **We have bilingual staff in many locations and have available interpretation services for any language**
- **We accept most Insurance including auto and Workers Compensation**
- **We participate With most HMO's & PPO's**



To schedule an imaging appointment, call **(855) 269-4333** or schedule online. For more information, please visit their website **BayCareImaging.org**

MELT FAT AWAY FOR GOOD....

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FAT REMOVAL
VOLUME REDUCTION
BODY SHAPING

What is the BTL VANQUISH ME

BTL VANQUISH ME is the second generation of contactless technology for fat cell disruption. This procedure disrupts fat cells through the selective heating of the adipose tissue. The process leads to fat cell shrinkage and elimination. Areas of treatment include the entire abdominal area and the inner/outer thighs. This device has the largest treatment area in the industry, ensuring an unrivaled level of patient comfort and safety, without BMI < 30 limitations (like CoolSculpting).



What sets the BTL VANQUISH ME apart?

The BTL VANQUISH ME is the only contactless body shaping device on the market. The large treated area makes the therapy typically more affordable, with more fat removed compared to other procedures. Its body shaping effects tend to be more uniform across the entire body part. Contrary to other devices, it is available to patients with any BMI. The BTL VANQUISH ME technology is based on the elevation of fat temperature.

Who is the right candidate for BTL VANQUISH ME?

BTL VANQUISH ME treatments are designed for those who want to decrease the circumference of their abdomen and thighs – regardless of their BMI. The BTL VANQUISH ME is an option for those who desire aesthetic improvement without the cost and recovery time of surgery.

How many treatments do I need?

During your first visit, our Nurse Practitioner will help you design your individual treatment plan. Most clients undergo 4 treatments scheduled 1 week apart, but this can be tailored to meet your specific needs. Each therapy session takes approximately 45 minutes to treat abdominal part, and 30 minutes to treat thighs. You can easily return to your daily activities right after each session. Clients have reported results as soon as after 2 weeks.

What does the treatment feel like?

Comfort is the main advantage of BTL VANQUISH ME compared to some other shaping therapies.

The entire procedure is contactless. All you will typically feel is a warm sensation in the treated area which may last for a few hours post therapy. The treatment is performed in a lying position so you can easily relax during the procedure.

Is there any downtime?

The whole procedure is non-invasive, contactless, and requires no recovery time. You can easily have the treatment during your lunch break and return to your daily activities immediately.

How fast will I see results?

Many clients report changes as soon as 2 to 3 weeks after the first treatment, when their body starts to naturally eliminate disrupted fat cells. Optimal results can be usually seen after a couple of months.

How long will the results last?

The treatment causes fat cell disruption therefore these cells will not regenerate and are gone for good, unless you experience a dramatic lifestyle change.

Will I need to change my lifestyle or follow a defined diet?

The BTL VANQUISH ME is a tool to help you achieve your health and aesthetic goals. Some people can lose weight but still have problem areas they cannot target. The VANQUISH ME will work to reduce the fat cells in the targeted area regardless of dietary habits, however we recommend following a healthy lifestyle in combination with the treatment. Our Nurse Practitioner will work

with you during your treatments to maximize your results and motivate you to practice healthy lifestyle habits.

Putting our money where our mouth is

Our owner and Nurse Practitioner Jeanna Parker is so inspired by this new therapy that she has been utilizing these treatments along with following the Weight Watchers diet plan and regular exercise. She has experienced a lifelong struggle with her weight and is excited to add this treatment to her arsenal of healthy habits. Jeanna has been chronicling her journey on both Facebook and Instagram for Bella Viságe and has sparked a healthy initiative in her community.



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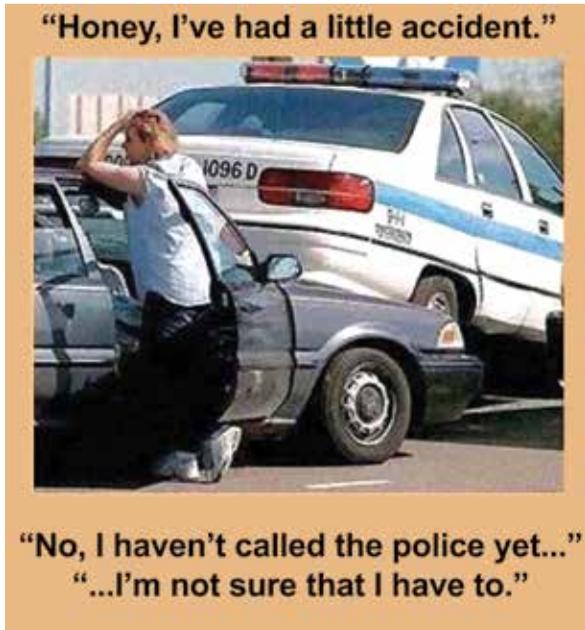
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Pain Management From Car Accidents



7 to 8 million car accidents take place in the United States and on an average 54 million people worldwide sustain injuries for car crashes every year.

A common concept is that accidents happen because of criminal offenses as drunk driving etc which is false for most accidents happen from simple distractions of the drivers like looking at someone in the passenger seat while having a conversation, looking out towards the sides, cell phones, texts or sometimes eating. These accidents sometimes even minor on the surface can leave someone maimed for life. Drunk driving however is far more likely to cause death, for one third of the fatal accidents in USA can be attributed to drunk driving.

Other belief is that as our reflexes get weak and our reaction time gets longer and we are more prone to accidents which again is false for the young people who have the best reaction times have disproportionately more collisions than senior citizens. Older people tend to drive more cautiously and carefully.

In United states of America the public transportation systems is not well established thus more and more people have to drive automobiles. Especially because of and distant living in the suburbs the driving mileage per individual is increasing exponentially.

Florida and Tennessee have the largest number of auto accidents in the country.

The economic impact of auto accidents in USA is over \$900 billion per year .A big portion of which is health costs.

The effects of auto accidents on health and wellness can range from simple bruises ,whiplash to catastrophic life-threatening illnesses.

It’s simple injury like a whiplash which sometimes can not be seen on new medical evaluation or radiological reports which can be very debilitating and affect the whole human behavior professionally and personally.

Whiplash:

Literally the word means a movement resembling the lash of a whip , it is the abrupt snapping ,jerking throwing, hitting motion or a sudden change in direction.

It can cause a simple strain or a significant tear of the muscles ligaments and tendons.

The term is now used mainly for injuries to the neck and the upper back and most commonly a sudden extension caused by cervical acceleration and deceleration. This is most common after a driver or passenger of a car is hit in the rear. This injury has been the most frequent claimed injury on motor vehicle insurance policies.

It has a long history and in the bygone days it was called a railway spine injury when rails were the main mode of transportation.

People experiencing whiplash injuries suffer from the following.

1. pain in the neck
2. Mid back pain and pain in the shoulders and arms
3. Pins and needles sensation in the arms and sometimes even in the legs
4. Headache
 - Jaw pain
 - Nausea
 - Psychological trauma, anxiety , depression , poor concentration
 - Easily distracted and even more easily irritated.
 - It is to be noted that the symptoms of whiplash injury may be delayed my hours or even days after the initial injury

The injury can be divided into five grades from 0-4
Grade 0 has no pain in the neck and no physical signs
Grade one: neck pain and stiffness
Grade two: decreased range of motion and point

tenderness **Grade three:** decreased range of motion, point tenderness and some change in reflexes and some change in Sensations **grade four:** severe neck pain, possible fracture ,dislocation or injury to the spinal cord which can be seen on X-rays and MRI’s.

Diagnosis:

It is both subjective from the patient’s complaints, objective from signs and x-rays which can show straightening of the spine and loss of normal curvature of the neck bones.

Treatment:

Cervical spine is the most mobile in the least stable part of the human spine.

Between the fourth cervical and the second Thoracic vertebrae there is very little room in the spinal column for the spinal cord and thus is very exposed to injury. A Whiplash injury is a cute for the first three months and if the symptoms persist after the three months it is considered chronic whiplash injury in the fourth month.

Acute injury:

1. Anti-inflammatory in
2. NSAIDS
3. Oral steroids
4. Mobilization and manipulation
5. Physical therapy
6. muscle relaxers
7. Heat, shortwave diathermy
8. Pulsed electro magnetic therapy
9. Acupuncture

Chronic injury:

All of the above plus stress management and behavior therapy.

Complicated with radiculopathy:

It is best to try to manage it conservatively if possible with collar immobilization, oral steroid epidural steroids, facet joint injections and radio frequency of the facet joints however if the conservative management fails the. surgical intervention can become necessary.

“To be continued”.

Pain and pleasure are the professors in the school of life.



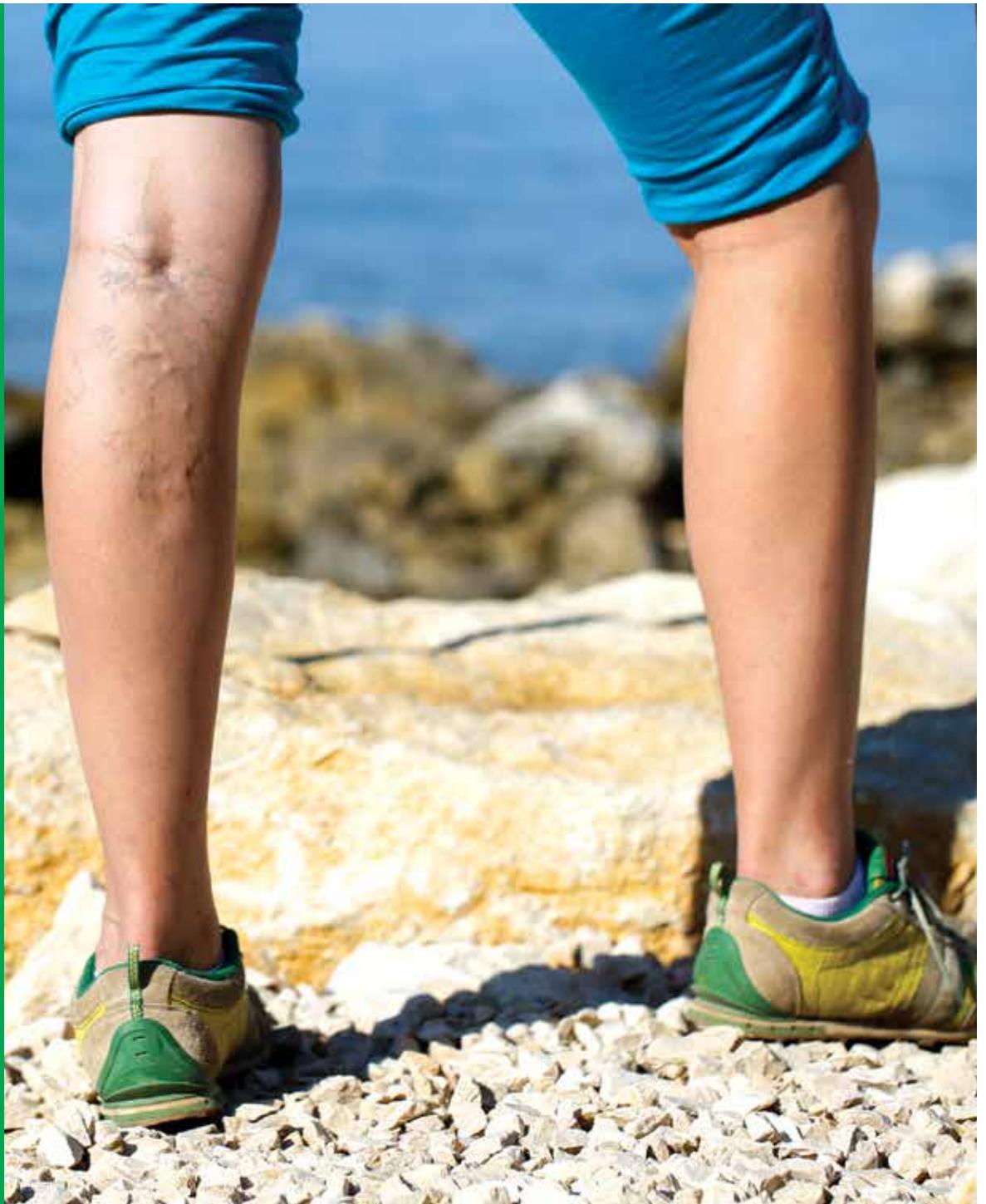
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VARICOSE VEINS are a Medical Condition

Many suffer from unsightly SPIDER VEINS and VARICOSE VEINS; both are signs of vein disease. Vein disease symptoms can range from mild discomfort to pain, but they all have one thing in common: ignoring them allows the problem to progress. Some common symptoms and signs of vein disease include: Fullness, aching, pressure or leg fatigue later in the day, swelling, particularly at the ankle, cramping, and itching with rough dry scaly skin at the ankle. Even spider veins, while considered cosmetic, can be the tip of an iceberg and indicate deeper vein problems.



Over time, untreated vein disease progresses and becomes damaging with lower leg swelling, especially at the end of the day, skin changes with dryness, thickness, fragility and discoloration in the lower leg, eventually risking ulcers in the ankle area.

Fortunately, with the use of laser therapy and foam sclerotherapy, vein disease can be treated in a clinic setting using local anesthesia, avoiding painful surgery. This is particularly important for those who can't take time off work or interrupt busy schedules. You can resume normal activities after the procedures.

Leg health is significantly enhanced by wearing graduated compression stockings, hose or leggings especially for those who are on their feet much of the day. Vein therapy and continued use of compression equates to leg health and an active lifestyle.



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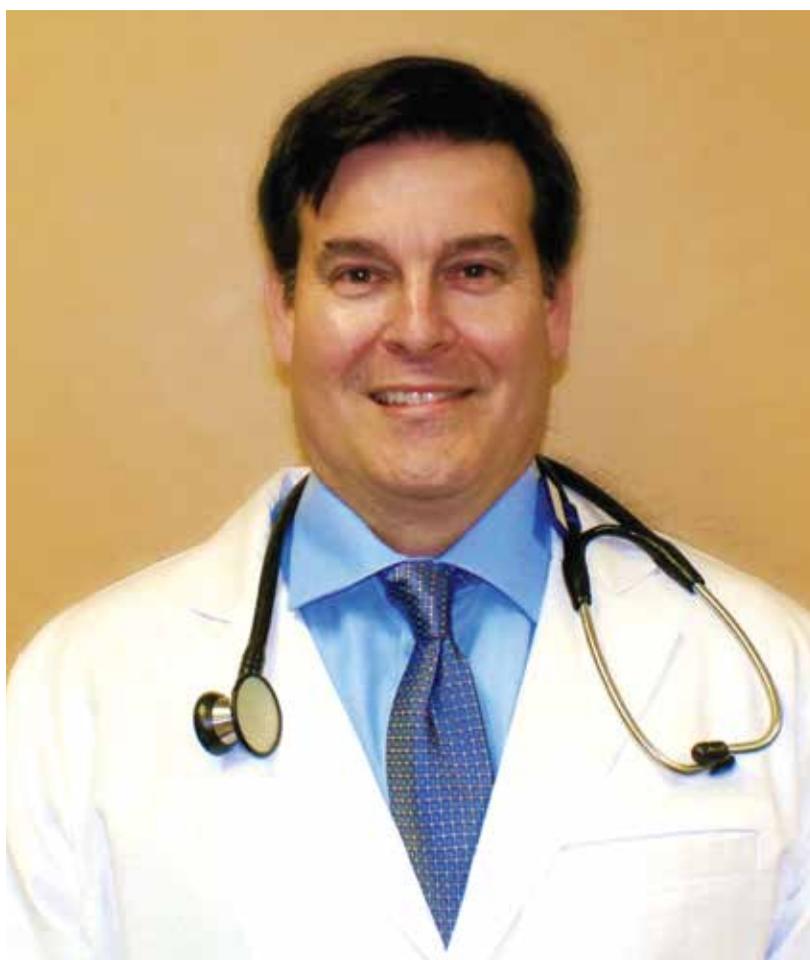
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Next to Pichardo Clinic

Meet Your New Doctor



nursing homes. Dr. Lopez has in house diagnostics such as an ultrasound for the convenience of his patients and for his expertise in diagnostic management. He accepts self-pay patients, and Dr. Lopez has admitting privileges at both BayCare and Advent Health hospitals.

Medication Management is a critical detail that often gets overlooked in larger practices. This can lead to adverse side effects and contraindications. As individuals age, it's also difficult to keep track of what drugs they should take at what time. Dr. Lopez helps to make these details easier and safer for his patients. Dr. Lopez also believes that medicine should be personalized. His dedication is for medical treatment to be the way it used to be, the way it's supposed to be, and to provide the optimal treatment and outcome for his patients.

These days, it's challenging to find a physician that hasn't been bought out by a large hospital system; however, there are those that are not willing to give up their patient control, treatment decisions, and are just simply dedicated to the way things have always been.

Cypress Medical is 100% dedicated to their patient care. Cypress Medical is a sole practice utilizing old school medicine and incorporating the latest technology. Dr. Lopez has been in Polk County practicing since 2002, treating geriatric patients and has been the medical director for

DR. RAPHAEL LOPEZ is Board Certified in internal medicine. He believes in a full-circle level of attention that allows for great continuity of care and reduces redundant testing, medical errors and other issues that often occur when seen by multiple doctors. Dr. Lopez has a special focus on the physician/patient partnership. He brings to this partnership the skills of an experienced physician in both an outpatient and hospital setting. Dr. Lopez has worked in several nursing homes and has experience being the medical director of a nursing home with many memory disordered patients directly under his care.

His experience allows him to appreciate the complex elderly patients and their unique needs and medical concerns. He enjoys the challenge of complex medical patients both young and old. Dr. Raphael Lopez is committed to continuing education and remaining aware of the latest advancements in medical health. He promises to deliver exceptional service to you and your family in hopes that you will feel comfortable and welcome in our office. Whether you are a long-time patient or a first-time visitor.

Cypress Medical Center aims to educate our patients in a safe environment while offering you the necessary comprehensive care you deserve. We understand that many people have anxiety about medical treatment, so we created a soothing atmosphere and a scheduling system that never keeps you waiting long. By combining the latest technology with traditional techniques, we give our patients the best care possible.

Internal medicine concerns the diagnosis and non-surgical treatment of diseases in adults, especially diseases of the internal organs. Doctors of Internal medicine are required to have included in their medical schooling and postgraduate training at least three years dedicated to learning how to prevent, diagnose, and treat diseases that affect adults. They often act as consultants to other physicians to help solve mystifying diagnostic problems. Doctors of internal medicine are primary care physicians and treat the whole person, not just internal organs and are usually the most skillful at treating a broad range of diseases and are trained to solve puzzling diagnostic problems and handle severe chronic illnesses in situations where several different illnesses may strike all at the same time. They also bring to patients an understanding of preventive medicine, substance abuse, and mental health, as well as effective



AT CYPRESS MEDICAL CENTER, WE KNOW THAT FINDING THE RIGHT PHYSICIAN TO TAKE CARE OF YOU IS A CHOICE NOT TO BE TAKEN LIGHTLY. THAT'S WHY DR. LOPEZ BELIEVES THAT EXCELLENT HEALTH BEGINS WITH EDUCATION AND PREVENTION. HE HAS MADE IT HIS MISSION TO ENLIGHTEN PATIENTS TO WAYS THEY CAN TAKE GREATER CONTROL OVER THEIR OWN MEDICAL HEALTH.

treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs. Most elderly adults in the United States see an internal medicine doctor as their primary physician. Dr. Raphael Lopez is Board Certified in Internal Medicine and is a member of the ABIM. The ABIM is the American Board of Internal Medicine that sets the standards and certifies the knowledge and skills of physicians who practice internal medicine.

At Cypress Medical Center, we know that finding the right physician to take care of you is a choice not to be taken lightly. That's why Dr. Lopez believes that excellent health begins with education and prevention. He has made it his mission to enlighten patients to ways they can take greater control over their own medical health.

To finally have a doctor that knows you by name, thoroughly knows your medical history, and manages your health as if you were a close friend or family member, call Cypress Medical center today at (863) 421-4400!



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PHYSICAL ACTIVITY DELAYS THE ONSET OF AGE-RELATED HEARING LOSS

Kevin T. Barlow, Au.D.

REGULAR EXERCISE PROVIDES A WEALTH OF BENEFITS: MORE ENERGY, LONGER LIFE EXPECTANCY, STRONGER BONES AND MUSCLES, AND LOWER RISK FOR OBESITY AND DIABETES, TO NAME A FEW. A RECENT STUDY HAS ADDED A NEW BENEFIT TO THE LIST: DELAY OF AGE-RELATED HEARING LOSS.



Age-related hearing loss affects almost two-thirds of U.S. adults over the age of 70. It's a result of natural changes that happen in your inner ear, middle ear, and neural pathways as you age. The loss is gradual and can lead to communication problems, feelings of isolation, and decreased physical function. But results from a recent study in the *Journal of Neuroscience* suggest that regular exercise can delay age-related hearing loss.

THE STUDY

The researchers compared two groups of mice for 24 months. The experimental group regularly exercised by running on a wheel; the control group did not.

Mice in the exercise group had better hearing after 24 months than did the control group, and the physical findings supported this: For mice

in the exercise group, key areas of the inner ear hadn't broken down as much as the same areas had in the control group. However, for the exercise group, better hearing only occurred in the low and middle frequencies.

How did this happen? One important finding was that in the mice from the exercise group, a greater number of intact blood vessels were nourishing the cochlea — the part of your inner ear that converts sound into nerve impulses for your brain to interpret. In other words, physical activity ensured the inner ear continued to receive plenty of oxygen and nutrients.

THE GOOD NEWS

In this study, the mice were not forced to exercise — the mice in the exercise group only exercised if they felt like it. The authors speculated that forced running might have produced even better

results. This is, indeed, good news: Taking control of age-related hearing loss is as simple as working basic aerobic exercise into your day.

Physical activity is just the beginning. Overall health is connected to hearing health in many ways, such as heart health and nutrition. Untreated hearing loss has been linked to numerous other complications such as cardiovascular disease, diabetes, hypertension, cognitive decline, depression, anxiety, and social withdrawal. Knowing your body's relationship with hearing can help you stay mindful of your overall well-being and can help create a path for healthier living.

At Winter Haven Audiology, we understand that each individual's hearing needs are unique; therefore, we offer a variety of hearing aids, products, and options to personalize your treatment plan and enhance your hearing experience.

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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

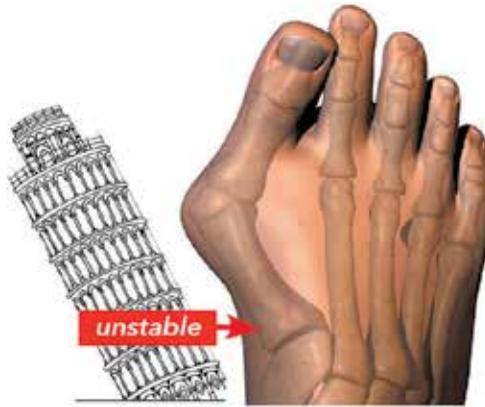
This 3D approach not only treats the root cause of the bunion, but it also repositions the toe and foot alignment precisely as it once was, and it lessens the healing time significantly, and it's permanent.

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



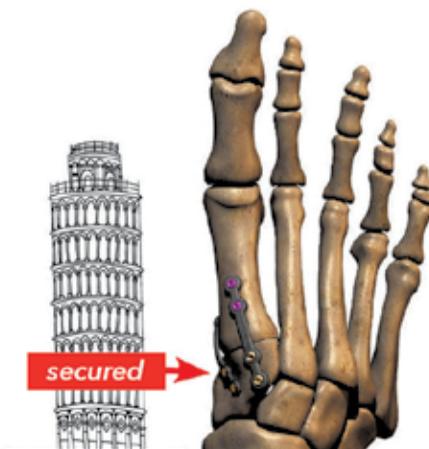
Bunion Deformity

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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References:

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

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Reliance

MEDICAL CENTERS

**NOT JUST RE-INVENTING
HEALTHCARE, REMODELING
IT TOO!**

Style Guide: Shutterstock

Article and photographs by John Robins

This week, I had the opportunity to have a private guided tour of the up and coming new Reliance Medical Centers facility in Winter Haven by Roberto Martinez, the Chief Administration Officer and Partner of Reliance Medical Centers. **In a word, WOW!**

When it comes to seeing a doctor, feeling empowered to live a happier, healthier life, or trying to navigate the current system, the message from Reliance Medical Centers is simple; seniors deserve better, much better!

To ensure that patients receive better, Reliance is re-inventing the way healthcare is delivered. The changes taking place not only include the way the organization is structured, the way it operates and the type of treatments available, in recent months, it has also included the interior redesign and refurbishment of its already impressive medical center in Lakeland. However, when the management considered their medical facility in Winter Haven, it opened the opportunity for a re-design based on their innovative patient experience, transitioning it from a volume-based care model to a value-based care model — one that requires healthcare design and construction to support patient outcomes and population health management. Rather than refurbish the existing facility, they chose to build a purpose-built facility.

When driving around Winter Haven looking for the ideal location, the two owners, Carlos Romero MD and Roberto Martinez, kept passing the iconic, empty, 'Colonial Bank' building in downtown Winter Haven. The big one that everyone knows. The more they saw it, the more curious they became. After all, it was empty, an impressive looking building, ideally located to

serve the seniors of Winter Haven, and it had plenty of parking space. Not surprisingly, their out-of-the-box thinking led them to find out if refurbishment was an option.

The building was designed by renowned architect Gene Leedy, famed for designing numerous buildings around Winter Haven. Other iconic structures designed by Gene include the Winter Haven Chamber of Commerce building, Haven Place condominium, and Winter Haven City Hall, to name a few.

Completed in 1990, the building remained the premises of the Colonial Bank until 2009 when the bank closed. The building then housed several companies on general lease until early 2019 when the owners, Carrerou Enterprises, LLC, decided to renovate and restore the building in such a way

as to preserve its historic nature while adding a modern flare. Carlos and Roberto came along at just the right time, and in no time, it was agreed to completely gut and renovate the building according to plans of the Reliance Medical Centers.

The refurbishment is due to be completed in the first quarter of 2020, it's impressive, and while I am unable to talk about some of the more secret elements of the project that will make this a remarkable place for seniors, what I can tell you is still pretty impressive. For example, when walking into the reception, seniors will be greeted in a massive reception area. Based on the style board images (shown here), the reception is going to look more like a 5-star hotel foyer than a medical center reception, providing seniors with a genuinely VIP medical concierge experience. Up above surrounding the lobby, is a windowed mezzanine



Roberto Martinez, the Chief Administration Officer and Partner of Reliance Medical Centers.



Soon to be Reliance Medical Centers new location in Winter Haven



Style Guide



Style Guide: Shutterstock



Reliance Wellness Club Activity Room Lakeland

that looks down into the lobby area. Windows feature throughout the facility positioned in such a way that they maintain privacy, but at the same time, give an open, light feel, generating a sense of togetherness between doctors and patients.

Rather than the traditional (and dull) theatre style chairs waiting area, there is going to be a stylish coffee shop where seniors will be able to get free drinks and healthy snacks as they wait a short while for their appointment. In addition to the impressive examination rooms and administration area, there will be the Winter Haven Reliance Wellness Club,

a members-only club that includes a hair and nail salon, a spa for massages, a fitness room for yoga and other physical activities and an activity room for cooking classes and other events. All of which are free to Reliance Medical Centers patients. It really is amazing.

The Lakeland center has already introduced these elements and is already providing a VIP concierge healthcare service to seniors. If I were a senior in Winter Haven, I'd be signing up now as I am pretty sure they will reach capacity pretty soon after they open.

LOCATIONS

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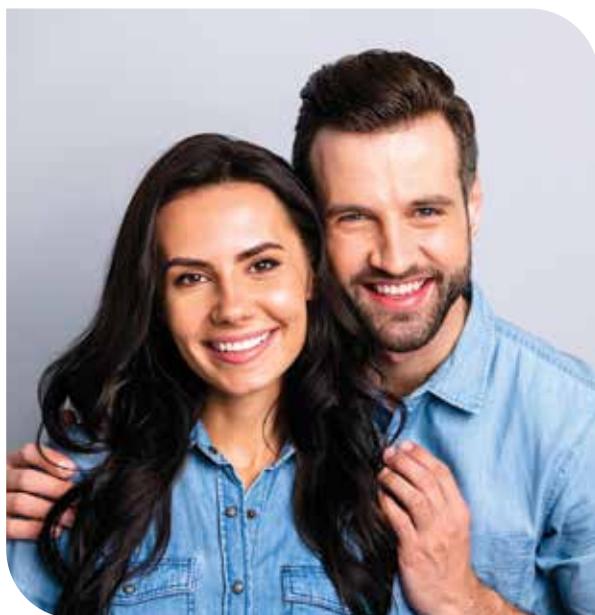


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FALLING FOLLICLES: “BIOHACKING BALDNESS”

By Alan J. Bauman, MD, ABHRS

FALLING FOLLICLES? You aren't alone. Over 80 million men and women in the U.S. are battling some degree of hair loss. While genetics play a key role in many hair loss cases, it's important to realize there may be other contributing factors as well. In fact, there are a host of other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens, and other habits--which can all accelerate hair loss. Hair follicles, just like other parts of the body, such as skin, bones, teeth, brain, muscles, etc., are tiny mini-organs and require consistent and proper care, nutrition, and attention in order to keep hair youthfully thick and resilient as we age. While the hair strand itself isn't alive (like your fingernails), the underlying hair follicles are, and they need to be kept healthy or else you will soon find your hair becoming weak, brittle, dull, thin or even falling out.

If you are concerned about the health of your follicles, here are some tips, tricks, and treatments to help you “biohack” your hair loss with the help of a Hair Restoration Physician.

“BIOHACKING BALDNESS”

Today, thanks to a better understanding of the hair loss process, and a host of effective tools and treatments, we are able to protect and enhance the function of hair follicles at every stage of the process. While some mistakenly consider hair loss a cosmetic issue, the reality is, we are helping patients get back so much more than their hair. Hair restoration allows patients to feel younger, happier and more confident.

Hair restoration begins with data-driven “biohacking” methodology that is used to diagnose hair loss in its earliest stages when you have the best chance of slowing, or even stopping, the progression of hair loss. With the help of an advanced and highly sensitive scientific

measurement tool known as HairCheck®, hair restoration physicians can accurately help you determine the amount and quality of hair growing in a given area of the scalp. This is an effective way to gauge the severity of your hair loss early on, and how well you are responding to restorative treatments in the critical time before the results are noticeable to the naked eye. Another breakthrough tool that is helping assess and diagnose hair loss are hand-held HairCam™ scalp microscopes with special dual-polarized LED lighting that can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.

These advanced tools provide unique data that allows you and your hair restoration physician the

opportunity to customize a treatment plan that not only avoids unwanted side effects but maximizes effectiveness and provide you with optimal results, based on what your follicles need to grow and be healthy. As with any health condition, each patient has different needs and will respond differently to treatment, so having the ability to gain this insight and data is invaluable when deciding upon or modifying a treatment regimen. *Advanced, leading-edge treatments that are available today include:*

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HairCam™ scalp microscopes can detect miniaturized hairs vs. areas of depleted density as well as help diagnose rare hair loss conditions and other scalp problems.



The HairCheck® tool can accurately determine the amount and quality of hair growing in a given area of the scalp to gauge the severity of hair loss and measure results during treatment

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High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)

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Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).

Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful

physician-only devices such as CapillusRX 312 or the Bauman "Turbo" LaserCap devices for at-home use.

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Hair Loss Risk Management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

For more information on the causes and treatments for hair loss, or to learn more about "biohacking" baldness, please visit www.baumanmedical.com or call **561-220-3480**.

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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**TIPS ON FINDING
A QUALIFIED HAIR RESTORATION PHYSICIAN**

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via phone and video-call.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- The ISHRS or International Society of Hair Restoration Surgery recently urged patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering "free consultations," deeply discounted coupons, or financial rebates truly have your best interests in mind.
- Ask for a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time Hair Restoration Physician who is fully equipped, trained, and experienced in HairCheck, HairCam, and other technology to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

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Health & Wellness MAGAZINE

TubcuT[®] Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath

Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom

renovation, you can easily convert your tub into a walk-in shower with the TubcuT[®] Company.

The TubcuT[®] is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT[®] as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.



IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT[®] creates an opening that fits your needs. Unlike cap systems, The TubcuT[®] adapts to you and what your lifestyle requires. With TubcuT's[®] exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT[®] threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT[®] Follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT[®] is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT[®] is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.

The TubcuT[®] changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT[®].

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT[®] can be a life-changing product. To find out more, contact them today!



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Developing Discipline



Here’s a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here’s a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, “A person without self-control is like a house with its doors and windows knocked out.” Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and

they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, “*People who accept discipline are on the pathway to life, but those who ignore correction will go astray.*” NLT

Here are three “Disciplines of Being Disciplined”.

1. Persistence – “Never Give Up”

Prov. 12:24 “Work hard and become a leader; be lazy and become a slave.” Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

2. Advance Decision Making – “Say No Now”

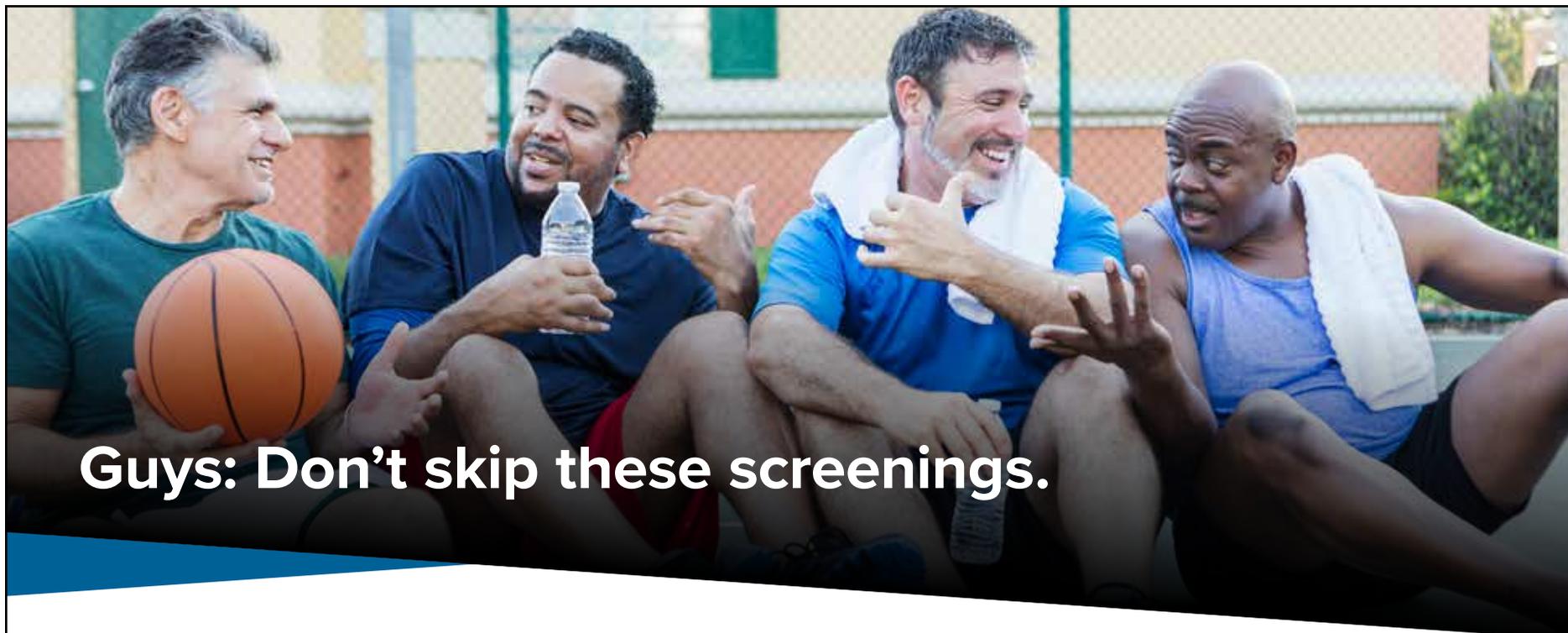
Prov. 13:16 says, “A wise man thinks ahead, a fool doesn’t and even brags about it.” Be prepared in advance to make the right choices. Don’t wait until it’s too late.

3. Delayed Gratification – “Putting Pain before Pleasure”

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, “No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way.” Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood



Guys: Don't skip these screenings.

Gentlemen, you have a lot of responsibilities, manage a lot of moving parts, and take care of your home and family. But are you taking care of YOU?

Men often put off health screenings that could have an enormous impact on their health. Sure, they're not exams anyone looks forward to exactly, but these screenings are absolutely necessary because early detection of certain treatable, beatable cancers could save your life. Get the facts and talk to your doctor.

COLORECTAL CANCER SCREENING

For men of average risk with no family history, it is now recommended that screenings for colon cancer begin at age 45 (per the American Cancer Society). However, this could change based on your risk for colon cancer. Your risk is higher if you have a:

- Family history of colon cancer
- Personal history of certain types of polyps
- Personal history of inflammatory bowel diseases like Crohn's or ulcerative colitis
- Personal history of radiation to the abdomen or pelvis

Being overweight and consumption of red/processed meat, tobacco use, alcohol consumption, and diabetes have also shown links to increased risks for colon cancer.

There are several different ways your primary care physician can screen for colon cancer, and they can recommend a colonoscopy if needed. There's no need to feel embarrassed about having this essential screening that can keep you safe; in fact, it's one of the smartest things you can do for your health.

LUNG CANCER SCREENING

The leading cause of cancer-related deaths among men and women in the United States is lung cancer. Globally as well as here in the U.S., it is a fact that the majority of smokers are men. Discuss with your primary care provider whether you are eligible to be screened for lung cancer. Criteria to be screened include:

- Age 55-74
- Having smoked at least one pack of cigarettes per day for 30 years or two packs a day for 15 years
- Being a current smoker or having quit within the last 15 years

Of course, if you are a smoker, finding a way to quit can significantly reduce your risk for lung cancer. Set up a dedicated time with your physician to discuss how you can kick the habit.

PROSTATE CANCER SCREENING

This is the most common form of cancer discovered in men, and screening for it has evolved over many years. Although there are no current guidelines to start screening at a certain age, you are encouraged to start discussing prostate cancer screenings with your primary care physician at age 50 (per the American Cancer Society). However, if you are at higher risk for prostate cancer, this discussion should start as early as ages 40-45. Risk factors include:

- Being African-American
- Having a first-degree relative (father, brother) with prostate cancer younger than age 65
- Having a known genetic mutation like BRCA in the family

Screening includes a blood test for prostate-specific antigen, or PSA; an examination of the prostate might be done only if deemed necessary. As there are no obvious symptoms of early prostate cancer, it's important to discuss your need for screening with your doctor. Remember that if prostate cancer is found and treated early, your chances of beating it are very good.

Talk to your doctor about these essential screenings. They could save your life.

About AdventHealth Medical Group

AdventHealth Medical Group is Central Florida's most comprehensive multi-specialty medical group practice. With nearly 600 board-certified physicians, the group provides patients with a broad range of medical and surgical services across more than 40 medical specialties. 866-997-3627 | [AdventHealthMedicalGroup.com/Polk-County](https://www.AdventHealthMedicalGroup.com/Polk-County)

