

CENTRAL FLORIDA'S

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

December 2019

Polk/Brandon Edition – Monthly

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Advent Health

**HAVE A  
HEART HEALTHY  
HOLIDAY**

**WHAT IS ARTHRITIS  
AND HOW CAN  
STEM CELL THERAPY HEAL IT?**

**TOP 5 HOLIDAY GIFTS FOR  
HEALTHY LEGS**

**DO HEARING AIDS  
MAKE YOUR HEARING WORSE?**

**EXCESSIVE SWEATING  
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## WELCOME DR. MOIR

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*Winter Haven Audiology welcomes new provider Scheyere-Ann Moir, Au.D.!*

*Dr. Moir received her Bachelor of Science in biology with a minor in chemistry from Oral Robert University and received her Doctorate of Audiology from the University of South Florida in May 2019. She is a long-term transplant to central Florida and enjoys working with and serving people in Winter Haven and the surrounding areas.*

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*Serving Our Central Florida Community Since 1980*

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# PAIN MEDICINE INCORPORATED

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 walk out  
 as a friend.



## Common Pain Issues treated

- Low Back Pain & Sciatica
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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

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**Dr. Khan**, board Certified in Anesthesia, Critical Care, and Pain Management, founded this interventional Lakeland practice in 1997.

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# Have A Heart Healthy Holiday

Though we love this time of year, it can be pretty stressful. Crazy schedules. Financial strain. Traffic. Less time for exercise. Complicated family dynamics. Studies have shown that cardiac events such as heart attacks and strokes peak during the holiday season.

A number of factors are thought to be responsible, but a major one is that normal routines are disrupted during the holidays, leading to a significant increase in stress. Since we know that's not on your wish list, here are a few things to think about:

### **GET SOME REST AND UNPLUG.**

If you have time off, use it to really be off. Put the phone down. Try having a silent night a few times a week. Spend time with loved ones. Pray. Reflect on this season of miracles. Also: It's absolutely essential to get enough sleep.

Quality sleep helps to protect your heart and keep your stress levels down. Practice good sleep hygiene, that means no smart phones in bed. In fact, charge your devices away from your bed. If your phone has a blue light filter turn it on because this type of light generated from the screen can negatively affect your melatonin levels, an important sleep hormone. Anyone might be tired from all the hustle and bustle of holiday prep, but if you're waking up feeling like you never went to bed in the first place, there may be a bigger problem. Ask yourself how long it's been going on, and talk to your doctor about the possibility of sleep apnea. This very common, treatable disorder is linked to hypertension, irregular heart rhythm, heart attack and coronary artery disease.

### **EAT, DRINK, BUT BE HEALTHY.**

'Tis the Season. For eating. Everything. Let's face it, the mountains of treats in the office breakroom, your mom's specialty dishes (secret ingredient: extra butter), and the spicy meatballs at the neighborhood parties... you can overdo it before you realize what's happened. The key to limiting the stress on your heart is to keep things simple. Eat the freshest foods possible and, if you're cooking, make substitutions that will reduce fat, salt and sugar in your dishes. They'll still be delicious, don't worry.

When it's time to eat, whether you're sitting down for a meal or at a party, rein in your portions. Be sure you can see space between the foods on your plate. If you're still hungry, by all means, go back for seconds, but starting small will help you stay aware of what you're consuming. This won't be your last chance to eat treats! The same goes for holiday beverages – be mindful of the sugar or alcohol content and take it slow. Try to enjoy the festivities more than the food. If you've ditched your usual exercise routine during this busy season, ask friends or family to take a walk around the block after meals. The dishes can wait, and it's a great way to catch up while keeping your heart pumping.

### **DON'T IGNORE SYMPTOMS.**

If you feel unwell, don't delay seeking medical attention, no matter the time of year or what you may have scheduled. Your continued good health is your family's most treasured gift, so speak up right away if you're experiencing changes in your normal health. Symptoms include chest pain or discomfort; shortness of breath; dizziness or passing out; nausea or vomiting; extreme fatigue; lightheadedness; pain in the jaw, neck or back; or pain in the shoulder or arm. Women should additionally be aware of pain in the abdomen, swelling in the hands, and cold sweats. The important thing to remember: if you're unsure, get it checked out.

### **SAY NO.**

It sounds simple, but it's so easy to forget when you're looking at that plate full of cheesy mashed potatoes with a side of chocolate cake, or you've received another invitation for which you really don't have the capacity: you can say no. You don't have to go to every party, eat every treat, or buy every gift. Overindulging, no matter how you do it, is a fast track to stress and it's bad for your heart. Protect your schedule, your budget and your heart by pacing yourself and staying in control.

#### **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.

**For more information or to make an appointment, call 866-997-3627 or visit [AdventHealthMedicalGroup.com/Polk-County](http://AdventHealthMedicalGroup.com/Polk-County).**





# WHAT IS ARTHRITIS AND HOW CAN STEM CELL THERAPY HEAL IT?

**A**ccording to the Center for Disease Control, nearly 23% of all adults in the United States (more than 54 million people), suffer from arthritis. Arthritis, which can affect nearly any joint in the body, is an inflammation of one's joints associated with the breakdown of cartilage. It causes painful symptoms such as swelling, stiffness, and decreased range of motion. While there are over 100 different types of arthritis, the two most common are rheumatoid arthritis and osteoarthritis. Those who live with arthritis know its effects on everyday life, but what can happen should these forms of arthritis go untreated?

## OSTEOARTHRITIS



Sometimes called degenerative joint disease or degenerative arthritis, osteoarthritis (OA) is the most common chronic condition of the joints, affecting approximately 27 million Americans. OA can affect any joint, but it occurs most often in knees, hips, lower back and neck, small joints of the fingers and the bases of the thumb and big toe.

In OA, the cartilage breaks down, causing pain, swelling and problems moving the joint. As OA worsens over time, bones may break down and develop growths called spurs. Bits of bone or cartilage may chip off and float around in the joint. In the body, an inflammatory process occurs and cytokines (proteins) and enzymes develop that further damage the cartilage. In the final stages of OA, the cartilage wears away and bone rubs against bone leading to joint damage and more pain.

## RHEUMATOID ARTHRITIS



Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system, which normally protects itself by attacking foreign substances like bacteria and viruses, mistakenly attacks the joints. This creates

inflammation that causes the tissue that lines the inside of joints (the synovium) to thicken, resulting in swelling and pain in and around the joints. The synovium makes a fluid that lubricates joints and helps them move smoothly.

If inflammation goes unchecked, it can damage cartilage, the elastic tissue that covers the ends of bones in a joint, as well as the bones themselves. Over time, there is loss of cartilage, and the joint spacing between bones can become smaller. Joints can become loose, unstable, painful, and lose their mobility. Joint deformity also can occur.

### WHAT ARE MY TREATMENT OPTIONS?

Two of the most common treatment options traditionally have been Cortisone shots or joint replacement surgery. Cortisone shots are typically given to mask the pain of arthritis and, may do more long-term harm to the joint than good. Side effects

include thinning of the soft tissue (cartilage) and skin around the injection site, and thinning of nearby bone. It's for this reason, doctors will typically limit the number of cortisone shots into a given joint. The risks of joint replacement surgery are even more obvious. It carries all the risks of any invasive surgery: extreme pain, swelling, blood clots, potential nerve damage and infection to name a few. Add that to the known dangers and longterm negative effects of anesthesia and it is no wonder afflicted patients continue



to look towards a different alternative: stem cell therapy.

Stem cell therapy doesn't aim to mask the pain, but heals the very problem causing the pain in the first place. Unlike these traditional treatments, stem cell therapy is the only one which may actually help your body to regrow your natural cartilage.

For more information on how stem cell therapy may benefit you, please visit [brandonstemcellclinic.com](http://brandonstemcellclinic.com).

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# Excessive Sweating Disrupting your Life and Wardrobe?

## YOU ARE NOT ALONE...

**A**nna lost count years ago of the number of blouses she's ruined.

Not because of spills, overuse or laundry mishaps, mind you.

No, the cause of Anna's wardrobe's short life is much, more simple: "From around age 30 on, my underarms would sweat excessively and uncontrollably," she explains.

Despite trying as many conventional underarm-sweat-reduction methods as she could find (including pharmaceutical-grade antiperspirants), Anna found that none were effective.

Anna explains that not only did excessive sweating ruin her clothing, it also took a toll on her confidence. "I found myself avoiding activities with friends and

colleagues, I always kept several blouses in my car, all in all the effort to avoid embarrassment was overwhelming." Anna, who lives in Central Florida, had a fairly common medical condition called hyperhidrosis.

"An estimated 8 million people in the U.S. suffer from hyperhidrosis," explains Jeanna Parker, owner and Nurse Practitioner at Bella Viságe Medical and Aesthetic Rejuvenation in Downtown Lakeland, "It's an embarrassing, distracting and often expensive disorder to live with."

Of course, residing in our balmy, tropical climate only exacerbates the condition.

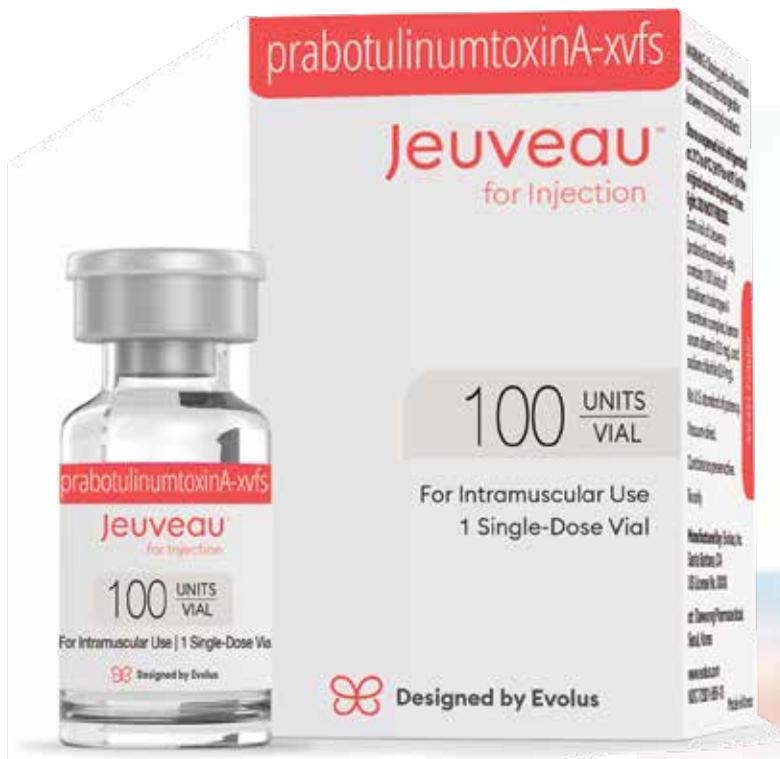
Until recently, those who suffered hyperhidrosis could choose surgery or oral prescription medications to treat the problem. In 2019,

the FDA approved neurotoxin Jeuveau for use, affectionately called #NEWTOX by health and beauty experts. Jeuveau decreases the amount of underarm perspiration by 90%. A tremendous result without the need for invasive surgery, or ongoing expensive oral medications.

### **JEUVEAU TREATMENT**

Jeuveau is a protein that works by turning off a single receptor that supplies sweat glands. These tiny receptors pass messages from the nerve to the sweat glands, therefore, turning them off prevents the gland from producing sweat.

Jeuveau is administered via injection into the armpit, "but don't worry this procedure is not painful, the medication is delivered via a very tiny needle just beneath the skin," explains Jeanna Parker. "While it might sound intimidating it is not



what you expect. It’s almost completely painless as there are very few pain receptors in this area of treatment”. The procedure can be completed in one 15 minute visit with no down time. Jeuveau can also be used to decrease perspiration of the hands and feet just as effectively.

Full results take effect in 1-2 weeks and last 6-12 months. This treatment effectively reduces 90% of perspiration in treated areas.

“Jeuveau has changed my life, I don’t have to worry about the embarrassment of perspiring through my clothing, or constantly changing clothes, I can just enjoy & live my life” states Anna.

If you think you might benefit from Jeuveau, call the team at Bella Viságe to schedule your free consultation today. You will be glad you did!

**BELLA VISÁGE**

Bella Viságe offers high-end medical rejuvenation services, world-class aesthetics, and luxurious massages in a unique, historic spa in downtown Lakeland. They put great thought and planning into every detail of the spa from the décor, technology, products and the types of services offered.

Bella Viságe’s clients best reflect the quality service offered, Bella Viságe receives 5 star reviews time and time again for their impeccable service, innovation, cutting edge technology and caring comforting environment.

**CLIENT TESTIMONIALS**

“The staff is so welcoming and professional, and you just feel very comfortable in the spa.” – *Carolyn F.*

“The NP was so good at explaining everything. The atmosphere was warm and nice.” – *Susan H.*

“Best Overall Experience, it’s absolutely gorgeous and the staff friendly and treats you like family. Jeanna is an artist in sculpting your face. Best Medical Spa in Florida.” – *Deanne S.*



Bella Viságe

MEDICAL & AESTHETIC REJUVENATION

**LOCATION**

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# Pain Management From Car Accidents

**“Honey, I’ve had a little accident.”**



**“No, I haven’t called the police yet...”  
“...I’m not sure that I have to.”**

**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 cure 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.

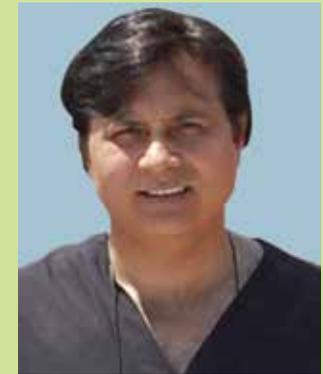
**Complicated with radiculopathy:**

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.

**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.

During the last 15 years he has personally seen over 100,000 patients and performed over 50,000 different Interventional Pain procedures without complication and with good outcomes.

Please call **(863) 682 - PAIN** to schedule your appointment today!  
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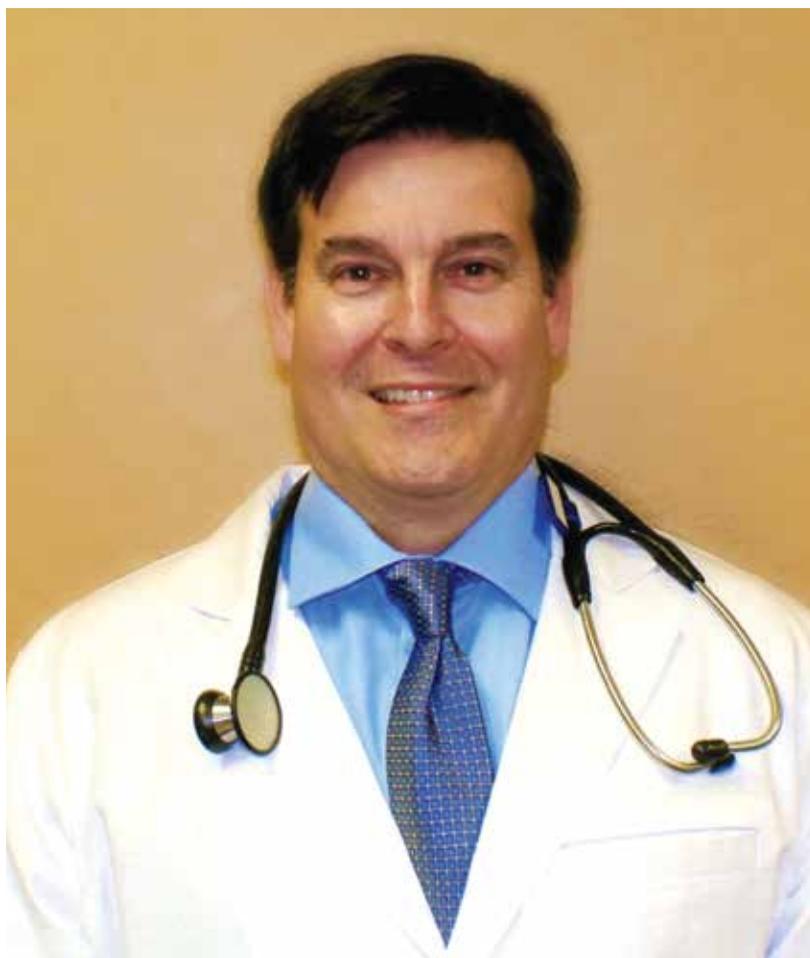
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# Meet Your New Doctor



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.

**T**hese 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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**cypressmedicalcenter.com**

# TOP 5 HOLIDAY GIFTS FOR HEALTHY LEGS

By Dr. Samuel P. Martin – Vascular Surgeon & founder Vascular Vein Centers



**W**ith all the travel, shopping and cooking for the holidays, it's easy to forget about the extra physical stress you'll be under. You can expect to spend many extra hours on your feet, and it's your legs that will take the brunt of this extra standing.

**G**ravity's long-term strain on our bodies is one of the main reasons vein disease develops, and the holiday marathon doesn't help. Veins are responsible for returning blood back to the heart, but our blood's uphill path against gravity makes this tough, particularly with long periods of standing.

Many factors contribute to gravity’s pressure on your legs, which stretches vein walls causing them to become varicose and malfunction:

- Occupational risks
- Prolonged standing or sitting
- Heredity
- Pregnancy
- Hormonal factors
- Obesity

Travel often disrupts your exercise routine and forces you to stay in confined spaces like cars or airplanes. During flights, restricted movement, lower oxygen pressure and dehydration can cause blood to pool in your legs, increasing your chances of developing Deep Vein Thrombosis (DVT)- blood clots. Traveling may expose certain risks, but a little forethought can prevent complications. Stay well hydrated, wear graduated compression stockings (20-30 mmHg), move your feet frequently, don’t wear constricting garments or drink significant amounts of alcohol on a long trip.

**Don’t forget YOU this holiday season.** Your continued health is one of the best gifts you could give your family this year. Here are our top 5 recommendations for Healthy Leg Gifts to give yourself or your loved ones with leg health issues:

1. Graduated compression stockings (20-30 mm Hg)
2. Walking Sticks rather than a cane if you are unstable or prone to falls
3. Stationary Bicycle for low impact cardio
4. Foot stool or recliner when sitting to decrease lower leg pressure
5. Doff n Donner – a gel sleeve to get compression stockings on and off easily



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*compression stockings are now fashionable*

*Doff & Donner: compression sock assistant*

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Next to Pichardo Clinic



# Do HEARING AIDS Make Your HEARING WORSE?

Kevin T. Barlow, Au.D.  
Scheyere-Anne Moir, Au.D.  
Board Certified Doctors of Audiology

**M**OST PEOPLE PUT OFF GETTING HEARING AIDS BECAUSE THEY DON'T WANT PEOPLE TO KNOW THEY HAVE A HEARING PROBLEM, OR THEY THINK HEARING AIDS WOULD BE TOO NOTICEABLE. WHAT MOST PEOPLE DON'T REALIZE IS THAT IF HEARING LOSS IS LEFT UNTREATED, IT CAN FURTHER WORSEN THE LOSS OR CAUSE DIFFICULTIES WITH COGNITION, MEMORY AND ATTENTION.



Hearing is partly through the ears, hearing nerves and the brain. Sound comes into the ear in sound waves, travels down the ear canal and through the middle ear bones and enters the Cochlea, the permanent hearing organ down inside the inner ear. Sound stimulates the nerves inside the cochlea at all different pitch or frequency ranges that the human ear can hear then the sound travels to the brain through the hearing nerves. Hearing loss occurs when the nerves inside the cochlea become damaged or broken and cannot be surgically or medically corrected and damage cannot be reversed. People don't realize these nerves need to be exercised with sound and used consistently to work properly. Similar to

muscles in your body, if you do not exercise them they can start to weaken.

People ask me all the time if hearing aids can damage your hearing further. If the hearing aids are properly adjusted and fit to your individual hearing loss it will not damage your hearing further. If left untreated, hearing loss can cause problems with memory and cognition.

When using hearing aids, they amplify sound so the ears can send a stronger sound signal to your brain. You are stimulating the nerves and strengthening the signals to your brain which helps keep your hearing

and cognition active. The longer you put off wearing hearing aids if you are experiencing hearing loss, the harder it will be for the nerves to stay active. Hearing aids can prevent the hearing loss from declining at a faster rate when you use them early, often and consistently.

People who wear hearing aids are able to hear well with less effort, improves overall quality of life, helps you to engage in conversations in all of the environments you enjoy. Why wait to improve your hearing? Call Winter Haven Audiology & Ridge Audiology and let us be your home for hearing healthcare.

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# DON'T LET FOOT PAIN RUIN *The Holiday Season*



**A** Foot Pain can be exacerbated this time of year, with all of our extra festivities like shopping, attending events, and celebrating with friends and family. Each day, a great deal of pressure is placed on your feet. The average person walks between 7,500 to 10,000 steps per day, and the force placed on your feet with every step is two to three times your body weight. Your feet have more than 100 muscles, ligaments and tendons, 26 bones and 33 joints. That's a lot of components for such a small limb that tolerates so much weight. In this complex body part, many things can cause foot pain. And if you've ever experienced pain in your feet, you know that there is little else you can concentrate on.

#### HOME CARE FOR YOUR FEET

To get you through the holidays, you can do a few at home therapies, such as Epsom salt soaks, foot massages, elevating your feet and legs, wearing shoes with arch support, and getting or giving yourself a good pedicure, which will prevent ingrown toenails and hydrate your skin.

#### WHAT CAUSES FOOT PAIN?

The causes of foot pain are vastly numerous and depend on your specific circumstances. Consulting a physician or podiatric specialist is the best decision for a proper diagnosis and a successful treatment outcome.

The following are a few of the most common issues that can cause foot pain:

### BUNIONS



More women than men experience the painful boney growth on their big toe, known as a bunion, or Hallux Valgus. One of the main causes 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 boney growths. Uniquely, bunions can also be hereditary and run in families, especially in females, generation after generation. These painful, red, boney, growths can also be caused by a form of arthritis.

There are several options for relieving bunion pain:

- Wear wider more comfortable shoes
- Use foam or gel pads
- Try stretching exercises
- Surgery to remove the growth

### GOUT



Too much uric acid being built up, and then circulating as bodily waste in the blood stream causes gout. It creates tiny needle-shaped crystals that accumulate in the joints and cause excruciating painful swelling. Although gout can cause pain in many parts of the body, often, the first symptom of gout is usually pain and swelling of the toe joint.

### Common things that can trigger a flare-up of gout:

- Alcohol
- Stress
- Certain medications
- Foods high in Purines (Shellfish, organ meat, sugar)

### Symptoms:

- Burning, Tingling in the joint
- Joint stiffness
- Joint swelling and soreness

There are many diets and medications that can help alleviate the painful side effects of gout.

### PLANTAR FASCIITIS



As mentioned above, the foot is comprised of many different bones, joints, tendons and ligaments these include the plantar fascia. The plantar fascia is a band of tissue similar to ligaments. It stretches from the heel of your foot to the middle, and it is responsible for supporting your arch.

This is one of the most common foot issues; in fact, one in ten people will experience plantar fasciitis at some time in their life. Usually the pain is concentrated in the heel area, and it is normally caused by tiny injuries that occur over a long period of time.

### HAMMER TOE

When the muscles in your toes get out of balance, they can start contracting into a claw like position. This causes the toe to bend in an upward position in the middle joint of the toe. When this happens, it can create severe pain. Hammertoe can be genetic, and many times occurs in people with either a high arch or a flat foot. Various forms of arthritis can contribute to this issue as well. And unfortunately, ill-fitting footwear can also cause hammertoe, due to pushing the toes out of their normal position for long periods of time.



### Treatment:

- Padding the toe
- Wearing more comfortable shoes
- Outpatient surgery (This involves redirecting the lower tendons of the toe to the top of the toe to help straighten it into the correct position)

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.



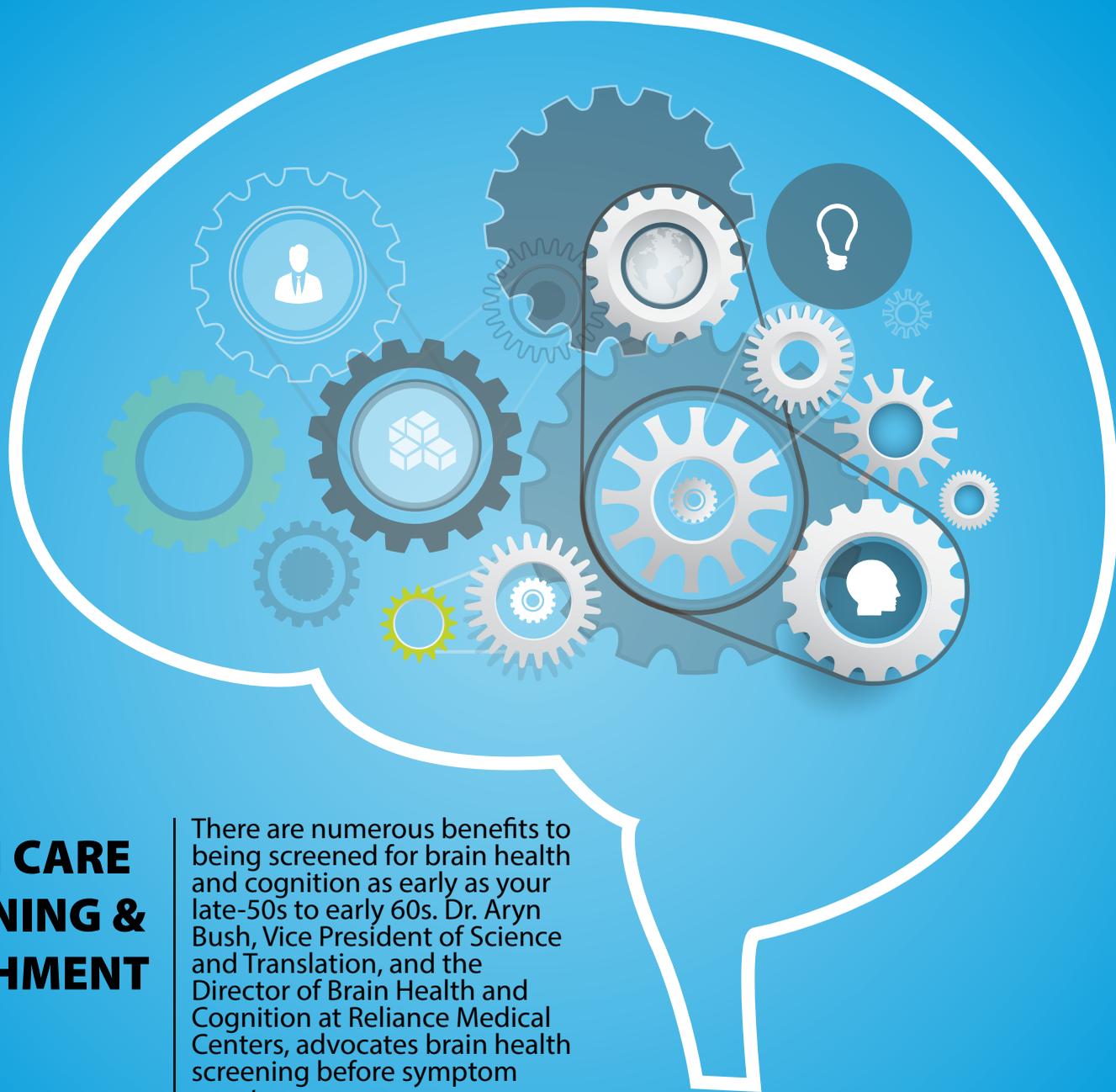
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## **BRAIN CARE SCREENING & ENRICHMENT**

There are numerous benefits to being screened for brain health and cognition as early as your late-50s to early 60s. Dr. Aryn Bush, Vice President of Science and Translation, and the Director of Brain Health and Cognition at Reliance Medical Centers, advocates brain health screening before symptom onset.

Call TODAY to schedule  
your appointment  
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Dr. Aryn Bush

**H**ave you ever wondered if forgetting where you put your car keys was, well, just forgetting where you put your car keys, or perhaps a sign of something else going on with your brain that you should be concerned about? This is a question I am sure most of us ask ourselves from time to time, and not surprisingly, more frequently as we get older given that dementia is most common in people over 65.

There are between fifty and one hundred identifiable causes of dementia, some of which are reversible and can be treated effectively in primary care. That being the case, screening your brain health before symptoms become apparent can enable your primary healthcare physician to identify the onset of certain conditions early on so that reversible conditions can be addressed appropriately, or therapeutic actions can be taken. However, this is not the primary reason for Dr. Bush's advice. One of the key benefits of having a Brain Care Screening sooner rather than later is to establish a personalized baseline score on the tests carried out for future reference. Brain health is a very personal phenomenon.

While there are general benchmarks, comparing personalized scores over time for a particular patient is the most effective way of being able to identify subtle changes or anomalies that may indicate the onset of a specific condition. After all, it's always better to prevent a disease than have to cure one if the opportunity arises.

Brain Care Screening at Reliance Medical Centers is designed to provide patients and health care providers with information that will facilitate the detection and treatment of underlying issues, for example, disturbed sleep, that may impact brain health and manifest as cognitive symptoms, such as memory impairment. The Brain Care Screening is comprised of tools that screen for depression, global cognitive function, hearing, and sleep hygiene. Patients are given the opportunity to learn more about brain health research and participate in evidence-based activities offered through the Wellness Club that are specifically designed to help maintain and promote overall health.

Brain Care Screening, together with the provision of Enrichment Programs through the Wellness Club,

are ground-breaking additions to Reliance Medical Centers. Primary care clinics commonly focus on only the physical and pharmaceutical aspects of a person's healthcare. Specializing in primary care for seniors, having Brain Care Screening and Enrichment programs available to all patients significantly differentiates Reliance Medical Centers from other clinics. Most importantly, it provides both patients and the community with a truly holistic approach to helping older adults live happier, healthier lives.

**Costs**

The good news is that both Brain Care Screening and our Enrichment Programs are totally affordable. **For Medicare patients, both Brain Care Screening and Enrichment Programs are entirely free!** Furthermore, fees have been significantly reduced for self-paying patients: Brain Care Screening valued at \$350 is available for **\$200**, and Enrichment Programs valued at \$500 are available for **\$300**.

So, if you are over 55, now is your chance to put your mind at rest. Contact Reliance Medical Centers to schedule your Brain Care Screening now!



# Cherish More

## *During the Holidays*

### WHAT SETS YOUR CBD STORE APART?

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 is moving plant medicine to the 21st century.

### NATURAL INGREDIENTS

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### HIGHEST QUALITY CBD

CBD, or cannabidiol, is a compound found in the cannabis plant which has many therapeutic benefits. Your CBD Store™ products are made using only the highest quality, organically grown hemp from Colorado and Oregon which

has been certified by that state's Department of Agriculture. This phytocannabinoid rich (PCR) hemp has a naturally high CBD level, and an abundance of other beneficial cannabinoids (CBG, CBN, CBC), as well as flavonoids, terpenes, and essential amino acids. We use a CO2 extraction process, which eliminates the need for chemical solvents and produces a high-quality, full-spectrum CBD. For our zero-THC products, the CBD is processed again to remove all traces of THC. Your CBD Store proDuCtS

Though hemp and marijuana are both cannabis plants, they are not the same. The chemical composition is different, especially when it comes to THC levels, the cannabinoid responsible for the ‘high’ that many people associate with marijuana. Hemp has a much lower THC level, less than 0.3%. Our CBD products come in various forms and dosages to meet each customer’s needs and preferences. You can choose from water-soluble, edibles, tinctures, soft gels, vaping e-liquids, and topical applications. We even have tinctures and CBD treats for pets. Our products are intended to be used as an herbal supplement and no prescription is necessary. Consult your doctor before you quit taking any medications with the intention of replacing them with the natural and holistic option of CBD.

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*cherish  
more  
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# Give Yourself the GIFT OF HAIR

By Alan J. Bauman, MD, ABHRS



**H**airline receding? Seeing more scalp shining through? Lost your self-confidence when you look in the mirror? Looking for a way to feel and look more youthful and attractive? If you answered ‘yes’ then you are one of the nearly 80 million Americans having to deal with aging hair and hair loss. As a progressive condition, hair loss can make us look and feel older and less confident.

While hair loss can certainly be a negative and even a depressing aspect of the aging process, thanks to a range of tools and treatments available now, it’s no longer something we have to live with, hide or stress about. In most cases, hair loss is a treatable condition that you can control. Restoring and regrowing hair can help you feel more youthful and sexy, while also contributing to your overall happiness and self-confidence.

So don’t wait, give yourself the gift of hair.

## FIRST, GIFT YOURSELF A CONSULT

The first step is scheduling a consultation with a qualified Hair Restoration Physician. He or she will be able to run the proper diagnostic tests to determine the true cause of your hair loss, and what types of treatments might be needed to help you achieve your hair restoration goals.

### Tips on finding a Hair Restoration Physician:

- 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, Skype, Facetime, etc.
- 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.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration

Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

Once you understand the root cause of your hair loss, your doctor will help you determine the best way to stop losing more hair, enhance the hair you have and restore the hair you’ve lost. For most patients, this means using a combination, or ‘multi-therapy,’ approach: non-invasive treatments to protect the hair you have and hair transplantation to restore the



*The first step is scheduling a consultation with a qualified Hair Restoration Physician.*

hair you’ve lost. Some patients might accomplish their goals using only non-invasive treatments.

## LOOKING FOR A GIFT IDEA?

Maybe it isn’t your head of hair that needs a little love this holiday season. Is there someone on your shopping list that is suffering from hair loss or thinning, or perhaps would just enjoy a little pampering? Here are some ideas to give them the gift of healthier hair.

- **Nutritionals & Nutraceuticals:** Hair care also comes in pill form. Hair vitamins and supplements, like Viviscal Pro, Nutrafol and “SuperBiotin” can help your hair become shinier, fuller and stronger. And they make the perfect stocking stuffer!
- **At-Home Lasers:** Looking for a gift that packs a big punch? Hair growth lasers are now available in laser-embedded ball caps, like *CapillusRX 315* or the award-winning *Turbo LaserCap* which offer a quick effective, discreet, hands-free, side effect-free treatment to the scalp.
- **Scalp Makeover:** Consider treating someone on your list to a little scalp pampering. New “Scalp Makeovers” are available to treat oily, dry, itching or flaking scalp as well as hair breakage, thinning and more. It’s sort of like a high-tech facial for the scalp.

The bottom line is, whether it’s a gift to yourself, or someone in your life, you won’t regret giving the gift of hair. While hair restoration will undoubtedly make



Before and 12 months after treatment with Low Level Laser by Dr. Alan Bauman



HairCheck is used to diagnose hair loss and track regrowth over time.

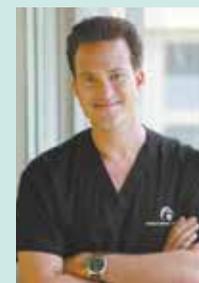
you look and feel better on the outside, perhaps more importantly, it can also boost your confidence and self-esteem – making it the gift that truly keeps giving. For gift ideas or to give the gift of hair this holiday season, visit [shop.baumanmedical.com/](http://shop.baumanmedical.com/)

For more information about the causes and treatments for hair loss, and how hair restoration can help you become a “new you in the new year,” visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

### BEWARE OF HOLIDAY-RELATED “CRASH” DIETS

- Crash dieting may seem like the perfect way to shed some unwanted pounds we all inevitably pack on during the holidays, but these drastic changes in nutrition can have serious implications on our health – and our hair.
- Four to six weeks after starting a crash diet, major shedding may occur anywhere throughout the scalp.
- A steep drop in nutrients to the body forces some hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. This is usually temporary, but it could still take anywhere from 6 to 10 months for the hair to return.
- If you are concerned about sudden hair loss or are experiencing thinning hair following an extreme diet, seek advice and an evaluation from a hair restoration physician for measurements, treatments and tracking because untreated hereditary hair loss always gets worse with time.

### 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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# “Cut” your tub? Why this easy, inexpensive project can add serious home safety

## One Day Bath’s TubcuT® adds convenience and protection for all ages

By Shannon Sigafos of The Morning Call



**W**hen was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your

bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

### WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one’s legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.

“We can do this without disturbing the plumbing or making a big deal of construction. We’re in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that’s complete, you would never know what that tub looked like before. It’s seamless and waterproof. The whole entire tub gets resurfaced so that when we’re done, the tub looks brand new again.”

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub’s color can be matched perfectly to the panel’s edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don’t have any of the versatility of the TubcuT®.

One Day Bath has a full showroom available (at 889 Lower South Main St. in Bangor) for customers to walk in and see the options for themselves.

“The showroom is open five days a week and by appointment only on Saturdays. We can show you examples of the traditional method of a tub to shower conversion, and show two different methods of getting a TubcuT® done – one with a shower door, and one without,” says Echavarria. “We also have some of the accessories that we offer that people want to utilize, such as wall liners. The showroom is very well displayed for exactly what customers want to see.”

If you plan to go out and visit the showroom (or if you speak to a One Day Bath representative by phone), the price quote for the project is based on the width of the opening, so it's good to have the measurements of your existing tub available. There is also no required down payment prior to the Tubcut® install.

**ANOTHER OPTION? A "TUB SURROUND" TUB-TO-SHOWER CONVERSION**

On the flip side, there are those who have the need or want to convert an existing tub in their home into a full shower with new fixtures and wall panels. The floor of your shower (also known as the shower pan) has a lot to say about the style and cost of your tub-to-shower remodel. Typically, your shower floor will be one with a "curb" that corrals water and you step over that slight curb as you enter and exit the shower. There is also an option for a barrier-free shower or a roll-in shower for some who may be restricted to a wheelchair, as the four-inch lip of a shower pan can be difficult for some.

One Day Bath can also handle a tub to shower conversion without the hassle and mess of a full shower installation. This is possible with a specially designed acrylic shower system, which will give your new shower a modern update that you can also customize with specific tiling, color and accessories.

"Customers have the option of adding fold-down seats to their shower. They can also add linear shelves, and a grab bar," says Echavarria. "These custom-fit acrylic liners can have a tile or granite look. It comes in a variety of colors. They're all mildew and stain resistant, so the care and maintenance of these walls is simplified. There's no grout to clean. There's no caulk lines to scrub."

Just like the process of converting to a walk-in shower, the process of going from a tub to a shower



is one that can be handled in a day or two and without the hassle of conventional remodeling. Your bathroom isn't put out of commission for days. Instead, a custom fitted acrylic shower pan is installed in the same footprint of your existing tub, minimizing construction. Then, in some cases a new wall liner is put over your wall tile. They are also sealed with Lux-Bond®, an adhesive system that is guaranteed not to dent, crack, or chip under normal use.

"As far as practicality is concerned, whether a client is asking for a walk-in shower or a tub-to-shower conversion, they're looking to solve a problem," Echavarria points out. "We can solve their problems for them, and we can do it with a lifetime guarantee and with saving homeowners up to 80 percent of the cost – making it practical for any budget."

**CONTACT ONE DAY BATH TODAY**

One Day Bath serves Allentown, Bangor, Bethlehem, Nazareth, Stroudsburg, and areas surrounding the greater Lehigh Valley – including Philadelphia, the Poconos, and New Jersey. To get a free in-home estimate, call **877-656-7875** or visit [www.renewyourbath.com](http://www.renewyourbath.com).



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# Complete mouth restoration

If your smile is negatively affected by challenges, such as poorly fitting dentures, missing, cracked, broken or worn-down teeth, you're likely an excellent candidate for full mouth restoration. This dental procedure can create a beautiful smile, renewing your confidence and helping you face the world with a dazzling smile.

## HOW COMPLETE MOUTH RESTORATION WORKS

Complete mouth restoration involves replacing natural teeth, or dentures, with a permanent, set of implant secured zirconia teeth. First, a CT scan is performed, which provides a 3D model of your mouth and bone structure. This allows New Teeth Now board-certified oral surgeon David Kirkpatrick, DMD, FACS to determine the best course of action for your treatment. During the procedure, while you are under general anesthesia, all necessary tooth extractions are made. The oral surgeon then places titanium implants in your jaw to act as anchors for your new, custom-made teeth. These implants are permanent and designed to last indefinitely. Once the implants have been successfully placed, your new teeth are attached and then Dr Kirkpatrick works with cosmetic dentist, Kawveh Nofallah DMD to create your perfect smile. Together the surgeon and cosmetic dentist make sure the dental implants heal correctly and your new teeth look and function properly and efficiently.

## IS THERE PAIN WITH COMPLETE MOUTH RESTORATION?

Generally speaking, you won't experience pain with full mouth reconstruction because the procedure is performed under general anesthesia. A long-lasting pain reliever is also administered. That means you get a brand new smile with very little discomfort.

## WHAT IF YOU HAVE BONE LOSS?

If you've been told that you have bone loss and aren't a good candidate for full mouth dental implant restoration, there's good news. State-of-the-art dental professionals can now perform zygomatic implants, which is a special technique that allows for implants without bone grafting.

That means that just about anyone can enjoy a beautiful smile. Best of all, the procedure can be done in just one day. You walk into the surgery center in the morning, and go home with a beautiful, functional set of perfect teeth that afternoon.

## BENEFITS OF COMPLETE MOUTH RESTORATION

One obvious perk to complete mouth restoration is the ability to flash a beautiful, new smile in the mirror and during social situations. Other benefits include the overall health and function of your mouth. A full set of healthy teeth allows for proper chewing and the ability to eat foods that were once off-limits. Also, a full mouth restoration completely eliminates the chance of pain, oral infections, and future tooth loss.

"Give your confidence a boost and check into receiving a complete mouth restoration," says **Dr. David Kirkpatrick, oral and maxillofacial surgeon** from New Teeth Now. "You'll be happy to flash a big smile for the camera during all of those photos with family and friends!"

For more information on New Teeth Now or to schedule your private consultation, please call **800-617-0603**.

**Dr. Kawveh Nofallah** is a highly renowned dentist with specializations in general, restorative and cosmetic dentistry. He has been serving the Lakeland area since 2006, where he resides with his wife and three children.



Born and raised in Tallahassee, FL, Dr. Nofallah earned his degree from the University of Florida College of Dentistry. He opened his Lakeland dental practice in 2006 providing general, family and cosmetic dentistry services. Dr. Nofallah takes pride in providing all patients compassionate care using the most advanced technology while maintaining the highest sterilization standards.

In addition to his own practice, Dr Nofallah is on staff as a restorative dentist at Florida Dental Implants and Oral Surgery. This is a growing practice with heavy emphasis on implant procedures, well known for New Teeth Now, the one-day, full-mouth restoration often utilizing Zygomatic implants.

Dr. Kawveh Nofallah is a member of the American Dental Association, Florida Dental Association, Polk County Dental association, West Coast District Dental Association, and the Academy of General Dentistry.

Oral Surgeon **David R. Kirkpatrick, DMD, FACS** began his post-graduate education with a dental degree from the University of Kentucky. Then he completed a surgical residency in Maxillofacial Surgery from the University of Florida in Jacksonville. Maxillofacial surgery requires 4-7 additional years of hospital-based formal post-graduate training in general surgery, anesthesia, emergency medicine, ENT, pediatrics, and plastic surgery. As an Oral Surgeon with New Teeth Now, Dr. Kirkpatrick practices a full scope of Oral and Maxillofacial Surgery with an emphasis on cosmetic facial surgery.

Dr. Kirkpatrick has received numerous educational awards and has published multiple articles in peer-reviewed medical journals. He has also done presentations on a variety of surgical topics at national meetings throughout the United States and Europe. He remains an active student himself, frequently attending continuing medical education courses in the latest techniques in cosmetic surgery. He serves as the facial trauma surgeon for the Athletic Department of Florida Southern College. Dr. Kirkpatrick is an Adjunct Professor at the University of Florida, is certified by the American Board of Oral and Maxillofacial Surgeons and is a member of the American Academy of Cosmetic Surgery, Florida Society of Oral and Maxillofacial Surgery, Florida Dental Association, American Dental Association, West Coast District Dental Association and the American Association of Oral and Maxillofacial Surgeons.



Dr. Kirkpatrick routinely treats a wide variety of deformities and defects relating to the head and neck. He also specializes in a variety of facial cosmetic surgical procedures at Lakeland's only full-scope facial cosmetic surgery center. He has expertise ranging from cosmetic facial surgery to corrective jaw surgery to pathology. He can also diagnose and treat craniofacial disorders, cleft lip and palate, traumatic facial injuries, and skin conditions that respond to full laser treatment.

Regardless of the type of surgery you are contemplating, Dr. Kirkpatrick is committed to getting you the results you want.



**NEW TEETH  
NOW**

**800-617-0603**

**WWW.NEWTEETHNOW.COM**



## THE ARRIVAL

**D**o you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

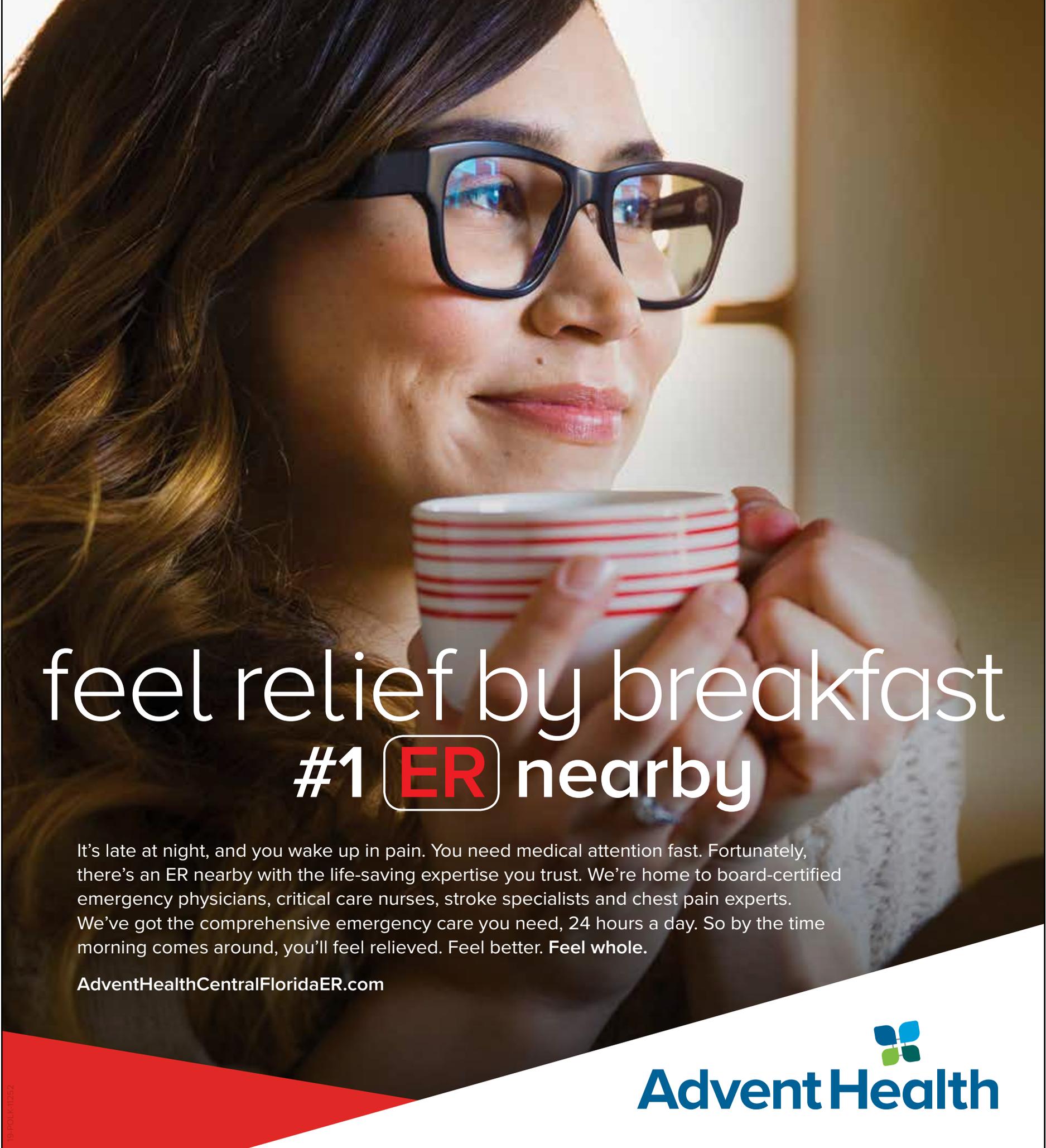
We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

*Brent Myers*

A close-up photograph of a woman with long, wavy brown hair and black-rimmed glasses. She is looking slightly to the right with a gentle smile. She is holding a white ceramic mug with red horizontal stripes. The background is softly blurred, suggesting an indoor setting with warm lighting.

# feel relief by breakfast

## #1 **ER** nearby

It's late at night, and you wake up in pain. You need medical attention fast. Fortunately, there's an ER nearby with the life-saving expertise you trust. We're home to board-certified emergency physicians, critical care nurses, stroke specialists and chest pain experts. We've got the comprehensive emergency care you need, 24 hours a day. So by the time morning comes around, you'll feel relieved. Feel better. **Feel whole.**

[AdventHealthCentralFloridaER.com](http://AdventHealthCentralFloridaER.com)

The logo for Advent Health, featuring a stylized four-leaf clover or flower icon in blue and green.

**Advent Health**