

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2020

Polk/Brandon Edition – Monthly

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  **FREE**

**GETTING TO
THE HEART OF
HYPERTENSION**

**WHAT YOU NEED
TO KNOW ABOUT
STEM CELL THERAPY**

THE VIVACE EXPERIENCE

**HOW TO NATURALLY
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**SPIDER VEINS
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Getting to the Heart of Hypertension



If you've ever been given a health exam by a doctor or nurse, you're probably familiar with getting your blood pressure checked. A cuff is placed over your wrist or upper arm and inflates — constricting the arteries. When the air is released, the nurse uses a stethoscope to listen to the blood flow in your arm. This simple test actually plays a vital role in identifying high blood pressure and can help prevent serious medical problems from forming.

Your blood pressure measures how hard the blood in your veins pushes against your blood vessel walls. When that number becomes elevated, it signals that your heart is working too hard to send blood out to different parts of the body. This is known as high blood pressure. That extra work is dangerous and can eventually lead to serious conditions including atherosclerosis (hardening of the arteries), stroke, blindness, kidney disease and even heart failure. *Almost 1,000 deaths occur each day where high blood pressure was a primary or contributing cause.

High blood pressure, also known as hypertension, is a relatively common condition in the United States. In fact, *nearly half of American adults have high blood pressure, and many do not even know they have it. Thus, it is known as the silent killer, because it quietly damages blood vessels and can increase your chance of developing a life-threatening condition.

*According to the Centers for Disease Control and Prevention

WHAT CAUSES HIGH BLOOD PRESSURE?

High blood pressure is fairly complex. It is characterized as primary hypertension or secondary hypertension. Primary hypertension is due to environmental and genetic factors. It tends to run in the family and may be triggered by obesity, diet, environment, stress and a sedentary lifestyle. You may be able to keep it under control by exercising, maintaining a healthy weight and limiting your salt intake.

Secondary hypertension, a less common form of the disease, results from specific conditions such as kidney failure or a tumor. Sleep apnea may be a contributing factor as well. In this case, if you treat the underlying condition, it's possible that the hypertension may be better controlled and improve over time.

YOUR IDEAL BLOOD PRESSURE

Your blood pressure measures two different functions of your heart and arteries. The first number is your systolic blood pressure. This measures how hard your blood pushes against your veins when the heart beats. The second number is the diastolic blood pressure. It measures the pressure in blood vessels when the heart rests between beats. Together, these numbers give your doctor a clear picture of your heart health.

Your blood pressure should be measured at least once a year at a well visit, or more often if you have a history of high blood pressure. Your physician will let you know where your blood pressure falls within these five ranges.

- Normal: Below 120/80
- Elevated: 120–129/less than 80
- Stage 1 High Blood Pressure: 130-139/80-89
- Stage 2 High Blood Pressure: 140 and above/90 and above
- Hypertension Crisis: Higher than 180/higher than 120

WHAT CAN YOU DO TO MAINTAIN A HEALTHY BLOOD PRESSURE?

• Exercise regularly.

Daily exercise — even something as simple as walking around the block or taking the stairs instead of the elevator — can go a long way to boost your heart health. Physical activity also reduces stress and helps you relax, which can be an important part of managing your blood pressure.

• Eat a heart-healthy diet.

A plant-based diet should be a priority, no matter your blood pressure. A diet that focuses on fruits, vegetables and lean protein, and cuts back on saturated fat, sodium and caffeine can help your heart stay strong and healthy. Add these items to your grocery list.

- Apples reduce risk of stroke.
- Avocados reduce cholesterol.
- Walnuts lower cholesterol and blood pressure.
- Almonds reduce plaque buildup.
- Chia seeds lower triglycerides.
- Tomatoes increase “good” cholesterol.
- Bananas reduce hypertension.
- Garlic helps prevent blood-clot formation.



• Limit your alcohol intake.

Regular, heavy drinking can cause long-term damage to your heart. Save alcohol for special occasions.

• Make relaxation a priority.

The daily stress of work, household responsibilities and other chores can take a toll on our heart health. Chronic stress can release too much cortisol in your body, which weakens your immune system and heart muscles. Find ways to relax and unwind. Try a stretching class, daily journaling, relaxing with a good book, catching up with an old friend or finding time to practice your faith. Remember to embrace the joy in life. Your heart will thank you.

• Monitor your blood pressure at home.

Blood pressure monitors are available at drug stores, and you don't need a prescription to get one. Monitoring at home can help you take a proactive role in your health. Share your findings with your doctor, so you can work together to develop a tailored plan to keep your blood pressure in a healthy range.

Protect your heart with expert hypertension care.

Identifying high blood pressure early is the key to lowering your risk of developing a life-threatening medical condition. AdventHealth Medical Group is home to experts in the evaluation and management of complex hypertension. Protect your heart.

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](https://www.AdventHealthMedicalGroup.com/Polk-County).





WHAT YOU NEED TO KNOW ABOUT STEM CELL THERAPY

HOW DOES STEM CELL THERAPY WORK?

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

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



The simple treatment is conducted in the comfort of one of their treatment rooms and often takes less than 5 minutes

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

SO WHAT IS STEM CELL THERAPY AND HOW DOES IT WORK?

The umbilical cord blood of healthy, live births, contains a complex combination of growth factors, proteins and stem cells which provide a highly active regenerative mixture. When a child is born, the parents are asked if they would like to 'bank' the cord blood, dispose of it or donate it. The donated cord blood undergoes an intense screening process to ensure the best and safest result. The resulting stem cells are then cooled in liquid nitrogen with a temperature of -321 degrees. Two separate third party testers test the stem cells before and after they are frozen to ensure they meet criteria. Those stem cells remain dormant until time for treatment and can hypothetically remain that way (and their potency) for years.

Prior to therapy, potential patients are brought in for a candidacy evaluation with the doctor who would perform the procedure. Medical records are reviewed, recent imaging is reviewed



(or new imaging taken) and other physicians and '-ologists' who have treated the patient are consulted as needed. If everything checks out and there is a good track record of treating the particular injury or diseases causing the pain, the treatment is approved and a date for the injection is set.

The treatment itself actually takes less time than it takes to warm up the stem cells and 'awaken' them from their dormant state. Using guided ultrasound, the stem cells are injected directly into the area in need of treatment. A band-aid is applied and that is it! For treatment of autoimmune diseases, the stem cells are delivered intravenously (an IV). The patient is free to leave and go about their day. Follow-up consultations are often requested to track the patient's progress and often some level of

physical therapy is recommended for best results as the healing takes place.

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

- **Alternative to Joint Replacements**
- **Knees, Hips, Shoulders, Wrists**
- **Rheumatoid Arthritis**
- **Rotator Cuff Tear**
- **Intramuscular Strains & Tears**
- **Lung Disease**

For more information, and upcoming webinars & seminars near you visit their website at

www.BrandonStemCellClinic.com



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The VIVACE Experience

VIVACE RF MICRONEEDLING IS NOW AVAILABLE AT BELLA VISÁGE MEDICAL & AESTHETIC REJUVENATION. IT'S THE NEWEST GENERATION OF RADIO FREQUENCY MICRONEEDLING, AND THE VIVACE IS FDA-CLEARED FOR YOUR SAFETY. THIS MINIMALLY-INVASIVE TREATMENT STIMULATES THE NATURAL PRODUCTION OF COLLAGEN AND IS SHOWN TO BE EFFECTIVE IN ALLEVIATING FACIAL WRINKLES, FINE LINES, AND TIGHTENING AND TONING THE FACE, NECK, HANDS, AND BODY.

At Bella Viságe, we are always on the look-out for innovative services that combine different technologies to provide the best possible options for our clients. Vivace is the latest addition to our service menu.

We start with the most revolutionary, best-in-class Vivace Microneedling RF device, designed for an incomparable, comfortable patient experience. Only The Vivace boasts a precision robotic motor that brings discomfort to a virtual zero compared to any other device you will find. The results are immediate and will also improve over time, giving you the best of both worlds.

If you are looking for the optimal results, look no more. **Welcome to The Vivace Experience.**

Microneedling is a procedure that utilizes tiny needles to create controlled micro injuries to the skin to produce collagen and elastin. Jeanna Parker and the providers at Bella Viságe are offering the newest generation of radio frequency microneedling.

The Vivace Experience is FDA-cleared and minimally-invasive, stimulating the natural production of collagen. The Vivace is also shown to be effective in alleviating facial wrinkles, fine lines, and tightening and toning the face, neck, hands, and body. Not only is the Vivace Experience the most revolutionary microneedling treatment on the market today, it is also the most comfortable patient experience with virtually no pain or down time and incomparable results.

THE SCIENCE

Microneedling multilevel radiofrequency induces both collagen production and wound healing mechanisms. Sterile microneedles are used to create many microscopic channels deep into the dermis of the skin which stimulates the body to produce new collagen. Minimally invasive radio frequency thermal energy creates fractional electrocoagulation in the dermis which facilitates a natural wound healing process. Wound healing mechanisms promote the remodeling of collagen, elastin and wound contraction, which enhances skin laxity.

AM I A CANDIDATE?

This treatment is recommended for all ages, all skin colors and types.

WHAT IS THE TREATMENT TIME?

The treatment times range from 45 min to 1.5 hours, depending on the treatment area.



AFTER THREE TREATMENTS



AFTER THREE TREATMENTS



WHAT DOES IT FEEL LIKE?

With a numbed face, the treatment feels like little more than light pressure to the face, with an occasional, light sparking feeling.

HOW MANY TREATMENTS DO I NEED?

We recommend three treatments, spaced four to six weeks apart, provide the experience patients are looking for. Single treatment protocols are available depending on experience desired.

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.

Bella Viságe is more than just your home for aesthetics — we focus on total wellness, rejuvenating your beauty from the inside out. We want all of our clients to feel confident in their bodies and know that no matter what stage of life they are in, we are here to help them take control of their health. As a family-owned business, we are dedicated to creating a community of clients who know they can trust the services we provide.

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SPIDER VEINS

TREATMENT AND CAUSES



Spider veins (also called telangiectasias) are small superficial blood vessels in the skin. They get their name because their appearance is similar to that of a spider web. They most commonly appear as blue or purple spider web-like patterns on the inner and outer thighs, calves, back of the knees and the ankle area.

Spider veins can be the tip of the iceberg as a sign of underlying vein disease. Some people complain of warmth or discomfort over spider patterns. Do your spider veins or profession indicate high risk factors for vein disease?

WHAT'S CAUSING YOUR SPIDER VEINS?

Many factors can contribute to the development of these unattractive veins. Some can be avoided or improved, but many of these factors are out of your control:

- Heredity
- Hormones
- Pregnancy
- Weight gain
- Age
- Trauma
- Surgery

Prolonged standing or sitting required by many professions can contribute to the development and reoccurrence of spider veins.

YOUR TREATMENT OPTIONS

Our spider vein treatment options improve the appearance of your legs with minimally invasive procedures that let you get back to normal activities the same day. They require no prolonged recovery or discomfort. We use injection sclerotherapy for the best results eliminating spider veins. It is important to realize that more spider veins can occur over time.

Stop hiding your legs because of spider veins. You don't have to wait to get spider



vein treatment that will eliminate the embarrassing webs of blue, red and purple veins. We offer regular cost-saving specials to help you regain the confidence and self-image you may have lost. Take a moment to visit our website and review our Cycle of Care, which outlines the Vascular Vein Centers' treatment process, to see how quickly you can get back legs you'll want to show.



BEFORE



AFTER

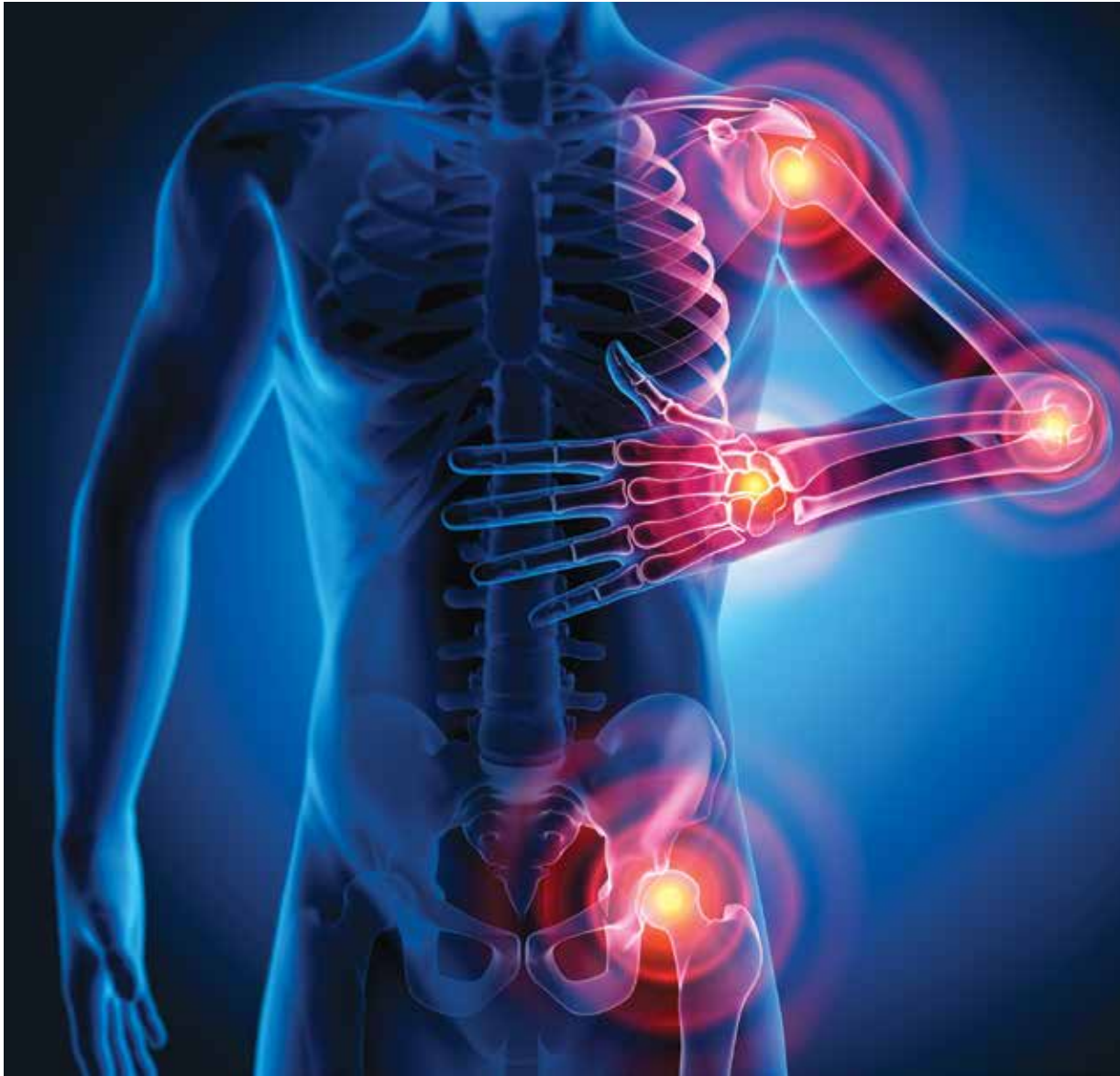


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HOW TO NATURALLY INCREASE JOINT MOBILITY



Are you one of the many people who have problems with joint mobility or joint discomfort?

Most people, including doctors, do not believe that diet and the right supplements can have such a profound effect on our joints, skin, and connective tissue despite the accumulating research. There is a huge gap between the tremendous complexity of the human organism and the rudimentary data on which doctors now base diagnostic and therapeutic decisions.

In this article I review the most common methods recommended by doctors and other medical professionals to deal with joint discomfort. Why not be proactive about our own general health? Why not learn how to prevent or reverse your problems without waiting for symptoms to show up?

THE DETAILS

Joint mobility and joint discomfort are very common problems. One national study reported that about one-third of adults have a problem with one or more joints.

Knee pain was the most common complaint, followed by shoulder and hip pain, but joint pain can affect any part of your body, from your ankles and feet to your shoulders and hands.

As you get older, painful joints become increasingly more common. To understand why it happens we need to know how the joints work.

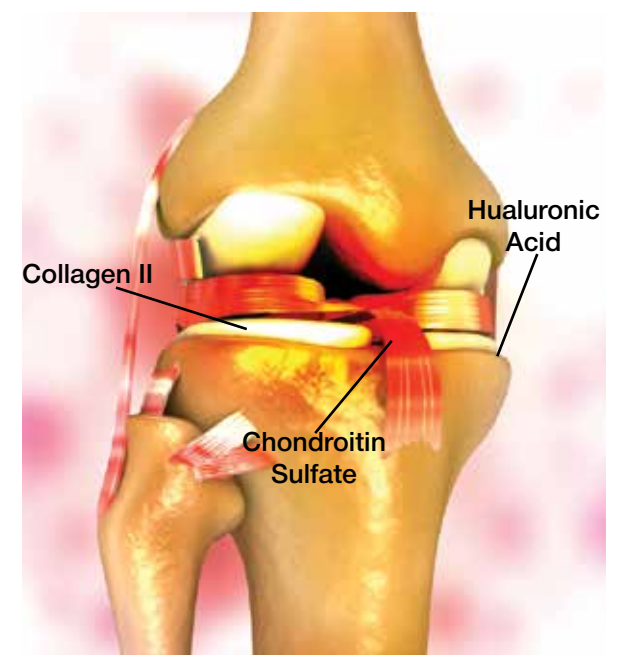
HOW THE JOINTS WORK

Joints are movable connections between two bones. The joint surfaces of the bones are covered with a layer of cartilage.

This layer is between 0.2 and 0.5 mm thick, and up to 6 mm thick on the kneecap. The articular surfaces are separated by a very thin space called the synovial cavity.

The joint capsule seals the joint airtight from outside. Cells of the inner joint capsule layer produce synovial fluid.

This thick fluid nourishes the cartilage, makes sure that the surfaces of the joint glide smoothly over one another, and acts as a shock absorber by spreading out the pressure put on the joint.



Human Articular cartilage is built from Collagen Type 2 (10-20%), Hyaluronic Acid, Chondroitin Sulfate and Keratin Sulfate (1-20%), Chondrocytes (1-5%) and water (75 – 80%).

WHY DO JOINTS START TO HURT?

The reason is that the joints, connective tissues and the rest of the body are effectively drying out with age. The level of synovial fluid, which is built mainly from hyaluronic acid, is slowly being reduced; the cartilage becomes brittle, then thins and loses elasticity.

The result is the common “bone to bone” sensation. Moreover, articular cartilage (the specific cartilage found in joints) does not have a blood supply.

Rather it gets its oxygen and nutrients from the surrounding joint synovial fluid. When the joint fluid dries out, there is a very limited supply of nutrients to our joints.

Why Can't Collagen and HA Be Replenished From Food?

- Today's processed foods often lack the natural nutrients the body requires for efficient functioning.
- The body requires correct proportions and molecular weights of Collagen 2, Hyaluronic Acid and Chondroitin Sulfate in order for them to be absorbed and integrated into the body's chemical functioning. If the body does not absorb and integrate a supplement, it simply passes through the digestive system and is eliminated.
- Absorption is the key factor, however, naturally occurring molecules of the collagen and HA are too large and heavy for the body to absorb. They simply are eliminated in the digestive process. It is not what we take, but what our body can absorb that counts.

An Innovative, Clinically-Tested Solution for Joint Health

Finally, recently a new collagen source for rebuilding joints, bones, skin and connective tissue has been discovered. Its efficiency has been proven in randomized, double-blind placebo control clinical studies.

The results are so unique that it has been awarded 7 US and International Patents. There are no other products, even pharmaceutical ones that have shown similar results.



It is manufactured in the USA in an NSF, NSF-Sport, CLP/GMP and OTP certified facility.

It is a total breakthrough

It is clinically proven to **improve joint mobility, reduce discomfort and promote healthy cartilage and connective tissue** and... as a side-effect, it **hydrates your skin, repairs tissue and reduces wrinkles and deep lines** from the inside-out **without injections, surgeries or creams**. It also **disables hyaluronidase**, a substance that destroys hyaluronic acid in your body.

It helps all joints and connective tissues in the body including the eyes, gums, skin, nails, and hair.

CONCLUSIONS

The best way to avoid joint discomfort is to prevent it. You can do this with proper nutrition, supplementation, and moderate exercise.

When we lose HA, we lose synovial fluid in our joints and our cartilage starts to deteriorate. To prevent this, we should start using supplements even before we start to feel discomfort.

Once the joints start to hurt, and we try to control the pain through medications or injections. This may lead to greater deterioration.

Fixing one joint by using stem cells, platelet-rich plasma or a cartilage transplant technique can help but it will not solve the problem. We still need to provide the right nutrients to our body so that other joints and connective tissues remain healthy. Joint replacement is an invasive treatment and it is not always successful. It should be considered as a last resort when everything else fails.

Even after surgery, we should replenish missing nutritional ingredients through proper supplementation to make sure that other parts of the body and connective tissues will not deteriorate.

Choosing the correct supplementation is essential since it is not what we take, but what our body absorbs which is important.

It's also better to take them in a liquid form and best if they do not need to go through the digestive system, rather that they are absorbed directly starting from underneath the tongue and the mucosa of the mouth into the bloodstream.

For a free health coaching assessment and recommendations on what would work best for your unique body type, please contact Dr. Grazyna Pajunen or Tony Pajunen at 561-350-8269 Health and Wellness Enterprises, LLC.



PROTECT YOUR HEARING, PROTECT YOUR PASSION

WHAT'S YOUR PASSION? FROM HUNTING TO CLASSIC FARM EQUIPMENT TO ANIMAL RESCUE, ODDS ARE, THAT WHICH INSPIRES YOU ALSO GETS A LITTLE NOISY. BUT JUST HOW LOUD IS TOO LOUD?

COMMON DANGEROUS NOISE LEVELS

Exposure to sounds louder than 85 decibels (dB) puts you at risk of hearing loss. Lawn mowers hit 90 dB, animal shelters 118 dB, and a .22-caliber rifle 140 dB — how do the sounds of your profession or pastime compare?

HEARING PROTECTION

Hearing loss sneaks up on you — it takes a while for you to even notice you don't hear as well as you used to. But noise-induced hearing loss is preventable with hearing protection. There are many styles and brands to match your hearing lifestyle.

- **Disposable earplugs.** Inexpensive and easy to use, these foam plugs should be discarded after each use. They're best for things you only do occasionally, such as yearly fireworks shows.
- **Reusable earplugs.** For things you do more often that don't require frequent conversation (for example, mowing the lawn), use reusable earplugs. They can be easily cleaned and reused, and they often include a cord so you don't lose them.
- **Musicians' earplugs.** Musicians' earplugs do come in non-custom varieties and are built to let in important sounds but keep out bad sounds. You'll hear the music and your friends, but your ears will be safe from the ear-crushing decibels. These are also good for sports fans — you hear your friends' banter, but you're safe from the hearing-damaging sound swells during big plays.
- **Custom general earplugs.** You can only get these through a hearing care professional. They're better at keeping out harmful sounds because they're built from a mold of your ear. These are an excellent choice for hunters, farmers, and others who are around loud noise frequently.
- **Custom musicians' earplugs.** These are ideal for those who have loud professions but also need to speak to others and hear environmental sounds, for example, professional musicians and construction workers.
- **Earmuffs.** These fit completely over the ear. Soft, padded cups are ideal for air circulation, and they're available in foldable, easy-to-carry styles. These are recommended for young children because they're safer and easier to use.
- **Combination.** For added protection, use both earplugs and earmuffs.



Interested in learning more about hearing protection? Call Winter Haven Audiology at **(863) 293-6507** to speak to a Doctor of Audiology about your specific hearing needs.

IAC Acoustics. Comparative Examples of Noise Levels. <http://www.industrialnoisecontrol.com/comparative-noise-examples.htm>. Accessed June 11, 2018. Coppola CL, et al. Noise in the Animal Shelter Environment: Building Design and the Effects of Daily Noise Exposure. *Journal of Applied Animal Welfare Science*. 2010;9(1):1-7. ASHA. Recreational Firearm Noise Exposure. <https://www.asha.org/public/hearing/Recreational-Firearm-Noise-Exposure>. Accessed June 11, 2018.

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RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



At the Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, and his team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

WHAT IS RADIOFREQUENCY ABLATION?



Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

WHAT CONDITIONS ARE TREATED BY RADIOFREQUENCY ABLATION?

Dr. Jassal uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

A

RE YOU ONE OF THE MILLIONS OF AMERICANS SUFFERING FROM CHRONIC BACK OR NECK PAIN? HAVE YOU TRIED MULTIPLE TREATMENT OPTIONS WITH LITTLE OR NO SUCCESS? IF SO, RADIOFREQUENCY ABLATION MIGHT BE THE SOLUTION TO YOUR CHRONIC PAIN.



It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

HOW DOES RADIOFREQUENCY ABLATION WORK?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

Dr. Jassal will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.

IS RADIOFREQUENCY ABLATION EFFECTIVE?

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It's possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.

ARE THERE ANY RISKS ASSOCIATED WITH RADIOFREQUENCY ABLATION?

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects — which are also uncommon — usually only last 2-3 days.

They include:

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Spine & Pain Institute of Florida today.



About Dr. Jassal

If you want an award-winning expert who offers the latest treatments to reduce pain, look no further than Navdeep Jassal, MD. At his practice, Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

Dr. Jassal started his medical education at the University of California, San Diego, where he earned his bachelor of science in biology. He then continued onto Ross University School of Medicine in Dominica, West Indies, completing his Doctor of Medicine degree. He completed his physical medicine and rehabilitation residency at the Zucker School of Medicine at Hofstra/Northwell in Great Neck, New York, and was elected chief resident during his final year. Dr. Jassal then rounded out his medical training with a pain medicine fellowship at the University of South Florida Morsani College of Medicine in Tampa, Florida.

Today, Dr. Jassal is certified by the American Board of Physical Medicine and Rehabilitation in both pain medicine and physical medicine and rehabilitation. He leverages his pain medicine specialty to help patients manage even the most complex pain.

Dr. Jassal treats chronic and acute pain, including cancer pain, neurological pain, and musculoskeletal pain. To do this, he offers each patient a personalized interventional treatment plan that may include tailored physical therapy, medication, and procedures like implantable spinal cord stimulators, intrathecal drug delivery systems, lumbar decompression, minimally invasive sacroiliac joint fusion and more.

When he's not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida's pain medicine fellowship. He is also actively involved in research to uncover new, minimally invasive ways to treat spinal pain.

Dr. Jassal is an award-winning physician. In the Tampa edition of Top Doctor, he was voted the #1 Tampa pain physician in 2018 and was runner up in 2019. The University of South Florida named him Pain Faculty Attending of the Year in 2018. In addition, he recently won first place at the annual meeting of the American Society of Interventional Pain Physicians for his research and consistently presents at regional and national conferences on his outcomes.



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WEIGHT LOSS Isn't Always a Quick Jaunt:



Find out More About How Medical Intervention Can Help You Succeed in Your Weight Loss Journey

Have you been trying to lose weight and have a more difficult time keeping it off than usual, or have you lost weight only to regain it all back and maybe a few extra pounds along with it? It's not uncommon for diets and exercise programs to work for a while and then all of a sudden, stop working. Maybe we give up due to lack of energy, boredom, or deficient willpower. The failure rate is high, but the truth is, fat is a complicated subject, and it's not all the same. The type of fat known as abnormal fat is the problem and it is caused by hormonal disorder.

Abnormal fat is the “bad” fat, and it is the accumulation of this fat that an overweight person carries. It is deposited all over the body and is most frequently accumulated on the hips, buttocks, stomach, arms, and face. Although abnormal fat is a potential reserve for body fuel, it is not available to the body in a nutritional emergency as is normal or functional fat.

Fifty years ago, a physician in Italy discovered the hormone that helps keep weight off for good by treating the underlying condition, which is abnormal fat accumulation. This hormone is known as hCG.

WHAT IS HCG?

Human Chorionic Gonadotropin (hCG) is a hormone that supports and aids normal functions in both the male and female's reproductive systems. Although pregnant women produce increasing levels of hCG throughout gestation, contrary to popular belief, both men and

non-pregnant women produce deficient levels of hCG throughout their lifetime. Under direct physician supervision, your hCG injections can make you look and feel like a new person.

The hCG treatment and diet protocol has proven highly effective for so many individuals over the past century. It's helped numerous patients overcome the battle of yo-yo dieting.

There are a lot of scientific studies and research with hCG and the hCG injections, the diet, and the skillsets that are taught, all work together to make losing weight a success and to keep you going so that you can maintain the weight loss. You will also receive Vitamin B-12 injections to keep your energy levels up.

HOW DOES IT WORK?

For the first three weeks you give yourself a daily hCG injection into a fatty area like the stomach, thighs, or upper arms. The needle gauge is very



fine, and most people don't feel more than a small pinch. You will be instructed on what to eat and at what times. The restriction eases up after the few weeks. Most patients are not hungry because the hCG injection helps to make you feel full.

This is a serious weight loss program that teaches patients how to keep the weight off for good. This program helps you to take control! It also helps many patients feel and look younger and as an added benefit, their health to commonly improve such as resting heart rate, cholesterol and blood pressure.

AT ELYSIUM MED SPA AND MEDICAL PRACTICE THEY OFFER THE FOLLOWING FOR WEIGHT LOSS:

- Weight Loss Consultation
- Blood Test, Lab Review, & EKG
- HCG Medication & Protocol
- Weekly MIC B12 Injections
- Custom Meal Plans
- 2 Weekly Check Ins via Phone or Email
- 6 Month Follow Up Appointment

Elysium's physician-supervised weight loss and weight management programs are designed around scientifically proven methods to help you achieve your wellness goals.

They combine weight loss medication, medical supervision, and one on one coaching to modify



diet, exercise, and behavior patterns. Their program is designed around your individual health needs and lifestyle to ensure you not only lose weight but keep it off long term.

ADDITIONAL BODY TREATMENTS

To complement your weight loss and body image goals, Elysium also offers med spa treatments like Coolsculpting, body contouring, radio frequency treatment and i-Lipo, which is the first direct skin contact laser device designed for fat reduction and body contouring to receive FDA approval for circumferential reduction.

ELYSIUM MED SPA

Elysium's atmosphere offers each of their guests the chance to relax in a tranquil environment, and to rest comfortably, knowing they are in the best of hands. Elysium's Medical Director, Dr. Mahnaz Qayyum, MD is a primary care medicine specialist and has been practicing for 18 years. She graduated from George Washington School of Medicine in 2001 and specializes in family medicine as well as advanced aesthetics.



**Elysium Med Spa's Medical Director
Dr. Mahnaz Qayyum, MD**

is a Board Certified Family Physician who focuses on Comprehensive Patient Healthcare.

She earned her doctorate from the University of Medicine & Dentistry of New Jersey, King's College, University of London, Great Britain, also, a Member of the International Association of Physicians in Aesthetic Medicine.

Dr. Q. Brings a unique combination of holistic & medical expertise to her patients, as well as over 18 years of experience in Preventative Healthcare and Anti-Aging Medicine. Her Integrative approach leads to happier, healthier patients.

Please call our office at
407-355-7759, 863-204-8300
to schedule your appointment. To find out more about Elysium Med Spa or their Medical Practice, please visit
elysiummedspa.com.



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.

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

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.



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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HEEL PAIN IN CHILDREN:

What you Need to Know

There are a growing number of children with foot conditions. Foot and ankle pain is common in children and adolescents. Problems are usually related to skeletal maturity and are relatively specific to the age of the child. Evaluation and management are challenging and requires a thorough history and physical exam and understanding of the pediatric skeleton.

Most foot and ankle pain in the active pediatric population is associated with minor trauma or repetitive stress combined with abnormal biomechanics of the foot and lower extremity. Older children may isolate pain to a specific site, whereas toddlers are more likely to limp or refuse to bear weight. Often there is no clear history of a traumatic event. Numerous, non-traumatic diseases masquerade as injuries. However, one common area for children to experience pain is in the heel of the foot.

HEEL PAIN

Heel pain in adolescents may be caused by a condition called Sever's disease. Sever's disease is pain along a growth plate at the back of the heel and usually occurs in active children ages 8 to 14 years old. The pain is caused by strain from the Achilles tendon, which attaches to the back of the heel. One reason children may be susceptible to heel pain is that calf muscles and the Achilles tendon are tight during growth spurts, which puts stress on the heel bone.

More on Sever's Disease according to the American College of Foot & Ankle Surgeons (ACFAS):

CALCANEAL APOPHYSITIS (SEVER'S DISEASE)

It typically affects children between the ages of 8 and 14 years old, because the heel bone (calcaneus) is not fully developed until at least age 14. Until then, new bone is forming at the growth plate (physis), a weak area located at the back of the heel. When there is too much repetitive stress on the growth plate, inflammation can develop. Sever's disease, is not a true "disease." It is the most common cause of heel pain in children and can occur in one or both feet.¹

Heel pain in children differs from the most common type of heel pain experienced by adults. While heel pain in adults usually subsides after a period of walking, pediatric heel pain generally doesn't improve in this manner. In fact, walking typically makes the pain worse.¹

CAUSES

Overuse and stress on the heel bone through participation in sports is a major cause of calcaneal apophysitis. The heel's growth plate is sensitive to repeated running and pounding on hard surfaces, resulting in muscle strain and inflamed tissue. For this reason, children and adolescents involved in soccer, track, or basketball are especially vulnerable.¹

Other potential causes of calcaneal apophysitis include obesity, a tight Achilles tendon, and biomechanical problems such as flatfoot or a high-arched foot.¹



SYMPTOMS OF CALCANEAL APOPHYSITIS MAY INCLUDE:¹

- Pain in the back or bottom of the heel
- Limping
- Walking on toes
- Difficulty running, jumping, or participating in usual activities or sports
- Pain when the sides of the heel are squeezed
- Tiredness
- Diagnosis
- To diagnose the cause of the child's heel pain and rule out other more serious conditions, the foot and ankle surgeon obtains a thorough medical history and asks questions about recent activities. The surgeon will also examine the child's foot and leg. X-rays are often used to evaluate the condition. Other advanced imaging studies and laboratory tests may also be ordered.¹

TREATMENT¹

The surgeon may select one or more of the following options to treat calcaneal apophysitis:

- **Reduce activity** – The child needs to reduce or stop any activity that causes pain.
- **Support the heel** – Temporary shoe inserts or custom orthotic devices may provide support for the heel.
- **Medications** – Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- **Physical therapy** – Stretching or physical therapy modalities are sometimes used to promote healing of the inflamed issue.
- **Immobilization** – In some severe cases of pediatric heel pain, a cast may be used to promote healing while keeping the foot and ankle totally immobile.
- Often heel pain in children returns after it has been treated because the heel bone is still growing. Recurrence of heel pain may be a sign of calcaneal apophysitis, or it may indicate a different problem. If your child has a repeat bout of heel pain, be sure to make an appointment with your foot and ankle surgeon.¹

Mid Florida Foot, Ankle & Vein Clinic provides pain-reducing, comprehensive, cutting-edge treatment for children and adults. 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.

Reference:

¹ ACFAS, American College of Foot and Ankle Surgeons, Calcaneal Apophysitis (Sever's Disease), 2018, Chicago, IL, <https://www.acfas.org/Content.aspx?id=1483>



Dr. Gabriel F Delgado FACFAS

Dr. Gabriel Delgado prides himself on taking excellent care of his patients and making them feel at home. He is bilingual and a native and current resident of Lakeland, FL with his wife and 2 kids. He is a graduate from the University of Florida with a Medical Degree from Barry University followed by residencies at the Veterans Hospital of West Palm Beach, FL and St. Luke Medical Center in Phoenix, AR. He is Board Certified in Podiatric Medicine and Surgery and has received Certificates of Appreciation from the West Palm Beach VA Medical Center for his dedicated service to the veteran population.

You're not just another patient in his office, he takes the time to listen. Earning your trust, respect and exceeding expectations by providing a compassionate and professional environment. With over 20 years of being in practice, Dr. Gabriel Delgado always strives to provide the best healthcare for his patients.



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WHAT IS A PERSONAL MEDICAL CONCIERGE AND HOW DO YOU GET ONE?



In a nutshell, a Personal Medical Concierge (PMC) is a personal assistant for all your healthcare and wellness requirements. Whether you are feeling unwell, want to know about the medication you are taking or if you just want to make an appointment with your Doctor just call your PMC at any time, and it's sorted. Once assigned your PMCs job is to get to know you, understand health status and circumstances and then be available at any time to help in any way they can. It's really awesome and I recommend every senior to get one.

Apart from the obvious, there are many benefits, for me one of the main benefits is the fact that you get a direct contact number; someone you get to know personally who is always available to help. With many medical centers, you can only reach them when they are open. Also, you do not have one specific person that you can speak to, you have to ring the reception and whoever picks up the call ends up dealing with you. A receptionist is unlikely to be medically trained and will not know who you are from a medical standpoint, so all they can do is take your details and refer you to someone else, get someone to call back or make an appointment for you. When you call your PMC they know exactly who you are and what your status is. They start to help you the minute they pick up the phone at any time.

The job description is simple, provide whatever support they can to keep a patient healthy. It can be as simple as following up with the in-house pharmacy to see if a prescription is ready for delivery, or it can be more complex such as discussing you medication and making sure you know when it needs to be taken."

Also, because your PMC is always aware of your medical status at any given time, they will actively follow up with you to find out if you have any questions or if you have an appointment or procedure with an external provider.

The reinvention of healthcare by Reliance Medical Centers means that many seniors can now get their own Personal Medical Concierge without charge.

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Jessica Joe



Delmira Rosario

Another benefit at Reliance Medical Centers is that your PMC is just one member of an eight-member Care Focus Team assigned to you headed by your Primary Care Physician. Each morning and regularly in the evening they all meet to review their patients and make sure that each member of the team is following through on what needs to be done to ensure that all patients are getting the VIP medical service they deserve.

Any senior can apply for a PMC. If you have an approved Medicare Advantage plan, then

you can immediately sign up to one of the Care Focus Teams, which includes a Personal Medical Concierge. If you do not have a Medicare Advantage plan, then you can meet with Reliance's Patient Navigator who will help you review the different options so that you can make the right choice. It's simple, just call the main switchboard, ask to find out about how you can get your own Personal Medical Concierge.

I can tell you from personal experience, once you find out more, you'll want one!

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DOCTOR OF AUDIOLOGY



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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Health & Wellness MAGAZINE





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard’s charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine’s Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It’s simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It’s a simple formula – not an easy one.)

So in this month where we set aside a day of love, let’s make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

