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April 2020

Polk/Brandon Edition – Monthly

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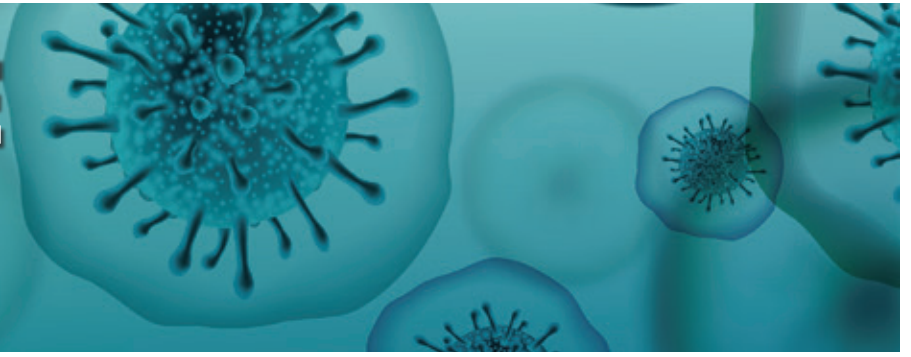
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RESOURCE GUIDE

COVID-19 CORONAVIRUS



Florida Department of Health has opened a 24-hour COVID-19 call center to answer questions you may have. Call **866-779-6121** or email **covid-19@flhealth.gov**. For more information on COVID-19, please visit The Florida Department of Health Website at **www.floridahealth.gov**. Polk County COVID-19 Hotline is **863-519-7911**.

POLK COUNTY COVID-19 TESTING SITES

Drive-Thru Testing

BayCare Testing Centers: Haines City (and Tampa, Carillon, New Port Richey)
Pre-screening is necessary before accessing any BayCare COVID-19 testing site.

Locations

Call before you go to any location.

- **Central Florida Health Care, Inc.**
COVID-19 testing for ESTABLISHED CURRENT PATIENTS who are showing COVID-19 symptoms. If you meet the criteria above, please call **866.234.8534** for location information and more.
- **Lakeland Regional Health**
Call your LRH provider (**863.284.5000**) or the hospital and ask to be connected to the Emergency Department (**863.687.1100**) ahead of time for any virus prevention instructions currently in place.
- **Polk County Health Department**
Call before you come in and visit the Florida Department of Health's suggestions if you think you may have been exposed to coronavirus.
- **Watson Clinic (863) 680-7977**
High-risk patients are prioritized for testing; criteria and more info on their website.
- **Private Practices**
We do not currently have information on whether specific private practices are

doing COVID-19 testing. Call your provider before going in to see if they are offering COVID-19 testing.

Polk County Schools

PCPS will resume providing children with school breakfasts and lunches on Monday, March 30. Meals are available from 11 a.m. to 1 p.m., Monday-Friday, at specific sites serving as food distribution locations. Distribution is similar to lunch distribution during the summer.

IMPORTANT: Children may pick up a meal at ANY OF THE LOCATIONS where meals are offered. THEY DO NOT HAVE TO ATTEND THAT LOCATION. You can locate a distribution location at **www.polkschoolsfl/lunchlocations.com**.

General Help/Assistance Databases:

211 & United Way of Central Florida

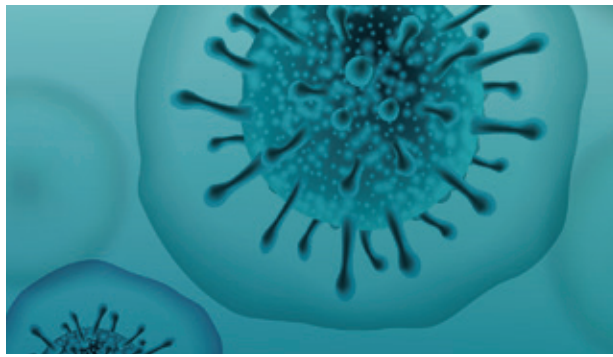
Assistance finding food, paying house bills, accessing free childcare and other essential services. The caring staff will listen to each individual's situation to provide information on available social services, community services and resources that include food assistance, medical clinics, foreclosure prevention, parenting info & special needs, senior services that include free "Sunshine" daily calls, services for teens and more. You can contact them **www.uwfc.org/about2-1-1** or dial 211.

Aunt Bertha

Find food, health, housing, employment programs and other community resources in seconds. Aunt Bertha began with a simple idea – that every person and family should have one place online where they can find help in a time of need – and we've been transforming the way social services information is organized and delivered ever since. For people in need, Aunt Bertha is building the country's most comprehensive online directory of social service organizations. By putting the information in their hands, we're bringing dignity to the experience of finding help. And for organizations offering help, we are giving them tools and insights to deliver the right services to the right places and to do more with less. Visit **www.AuntBerta.com** and enter your zip code to find a vast array of services near you.

Food & Shelter

- **Lighthouse Ministries**
Shelter, Residential Services, Hope Centers, Thrift Stores. You can contact Lighthouse Ministries at 863-687-4076 or learn more about their services at **www.lighthousemin.org**
- **VISTE:** Volunteers in Service to the Elderly Transportation, Hot Meals, Groceries, In-Home Care, Activities for the elderly; you can contact Viste at **863-284-0828** or by visiting **www.viste.org**.



FITNESS FROM HOME

AVAILABLE LOANS FOR SMALL BUSINESSES:

Two public-funded small business disaster loans are currently available to local businesses impacted by the coronavirus.

1. FEDERAL – SBA Economic Injury Business Disaster Loan

a long-term loan (up to \$2 million and terms up to 30 years)

Deadline is May 8, 2020

<https://floridadisasterloan.org/>

2. STATE – Florida Small Business Emergency Bridge Loan

a short term loan (up to \$100K for one year)

Deadline is Dec. 18, 2020

<https://www.sba.gov/>

UNEMPLOYMENT ASSISTANCE

Florida's Department of Economic Opportunity is home to the Reemployment Assistance Service Center. It is here that people can apply for benefits. The service is set up to provide "temporary wage replacement" to those who meet the eligibility requirements, according to its website. Here is who is eligible to receive state assistance: **1.** Those who are quarantined by a medical professional or government agency. **2.** Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns. **3.** Those who are caring for an immediate family member who is diagnosed with COVID-19. To find out if you're eligible, visit the Florida Jobs website: <http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits>.

Blink Fitness

Blink Fitness is hosting Facebook Live sessions weekdays at 8 a.m. ET. The fitness chain will host virtual workouts, give tips to stay motivated and answer fitness questions from the comments.

Orangetheory

Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. According to the fitness center, the workouts don't require any special equipment, but may feature everyday household items.

Peloton

For the next 90 days, Peloton is offering its app to new users for free. Even if you don't have the bike, the app has yoga, meditation, strength, stretching, bodyweight cardio and strength training exercises. According to the company, all you need is a mat to get started.

305 Fitness

305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12 p.m. and 6 p.m. ET, and are hosted by the founder of the studio, Sadie Kurzban.

Gold's Gym

Gold's Gym is offering a variety of digital workouts for free through the end of May. Its app offers over 600 audio and video workouts.

Planet Fitness

Planet Fitness is live streaming "Work-Ins" at 7 p.m. ET every day on Facebook. The company said its trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone.

Crunch Fitness

Crunch Fitness' online workout class portal, Crunch Live, is now free for 45 days, even for non-members. The app has over 100 workouts, including dance, yoga, pilates, barre, kickboxing and more.

Retro Fitness

Retro Fitness announced Friday that it is now offering free daily live stream classes on its Facebook page that are available weekdays at 6 p.m. ET and taught by the company's expert trainers. The theme of the first workout was "Body Blast."

Life Time

Life Time announced Thursday "Classes on Demand," a way for members and non-members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more.

YMCA

On Thursday, the YMCA launched on-demand exercise and youth programs called YMCA 360, including barre, boot camp, yoga and more "to support the health and well-being of everyone staying home." All of the exercise courses are free for a limited time, regardless of Y membership.

Barry's Bootcamp

Barry's Bootcamp is hosting 20-minute bodyweight workouts live on Instagram for free. On Tuesday, its 9 a.m. PDT workout was hosted by CEO Joey Gonzalez, and the 12 p.m. PDT workout was led by VP of Curriculum Chris Hudson.

CorePower Yoga

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. "What's important to remember right now is that our yoga practice is always there for us – wherever we are," the company said.

UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly ‘webs’ in the skin itself, while considered cosmetic, usually indicate deeper problems

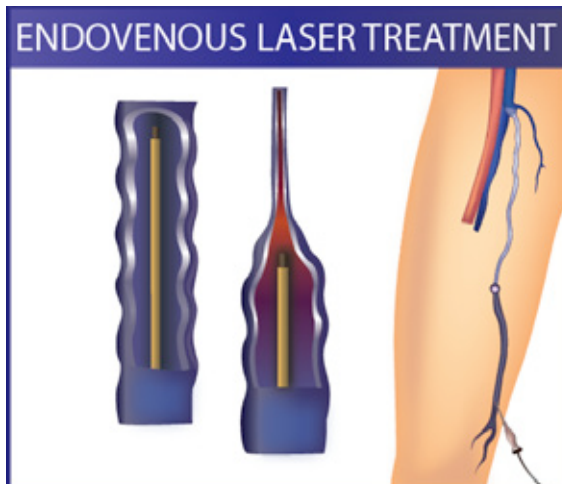
Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today’s technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins, and a medical-grade adhesive (cyanoacrylate) therapy to close the veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery. These procedures are covered by most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one’s normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

“A stich in time to save mine”!

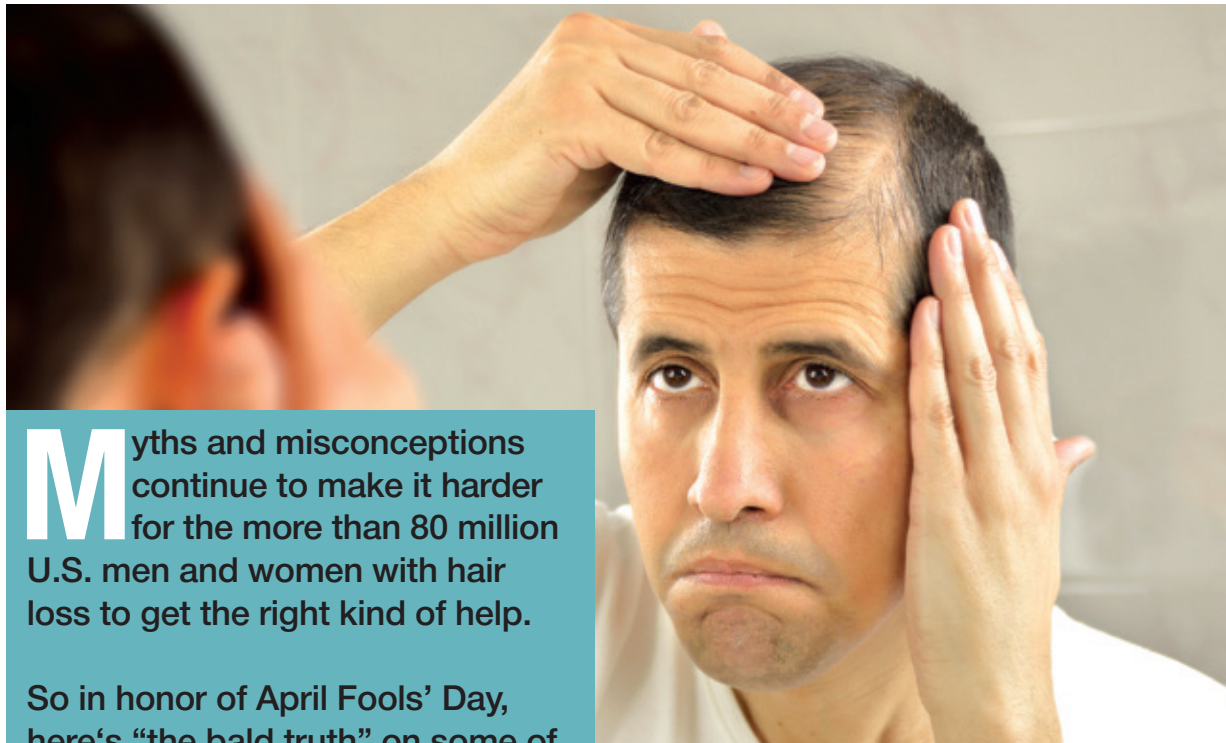


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DON'T BE FOOLED!

LEARN THE BALD TRUTH ABOUT HAIR LOSS

By Alan J. Bauman, MD, ABHRS



Myth and misconceptions continue to make it harder for the more than 80 million U.S. men and women with hair loss to get the right kind of help.

So in honor of April Fools' Day, here's "the bald truth" on some of the most persistent myths about hair loss and hair loss treatments.

True or False? Baldness is passed down from your mother's side.

This is a particularly persistent myth. While it is true that genetics is the main cause of hair loss in men and women; today we know that there are approximately 200 genetic markers that regulate hair and hair growth and that these "genes" can be inherited from either your mother and father's side, or a combination of the two. Additionally, we are always discovering an increasing number of epigenetic or non-genetic factors that can accelerate hair loss and hair thinning. If you are worried your genetics may be putting you at risk, testing is available that can determine an individual's risk of losing their hair so they can begin preventative treatments early – at a time when they can be most effective.

True or False? Hair loss is a man's problem.

Unfortunately for women, this is also false. The truth is, more than half of all women over

40 experience some type of hair loss and women can inherit a 'hair loss gene' just like men. The only difference is that a woman's hair loss symptoms are different and often more subtle than men's. Female hair loss typically occurs more diffusely over the affected areas of the scalp, leaving some follicles unscathed while severely miniaturizing others. Hormonal changes, due to menopause and pregnancy along with age, medications, poor nutrition, illness, stress, etc., also impact hair loss in women – causing widening part lines, decreased coverage, decreased ponytail volume, and even sometimes hairline recession.

True or False? Hair loss must become visible in order to start treatment.

This is truly antiquated thinking! How early you address your thinning hair determines how much hair you save. If you wait until the hair loss is visible to the naked eye, you're a little late—science has proven that 50 percent may be already gone. The best tool for fighting hair loss is early detection, making it essential for patients to seek the advice of a certified hair restoration physician as soon as risks are identified and early signs or symptoms appear.

True or False? You can grow back dead follicles.

Don't be fooled by magic potions and miracle cures. The truth is, while there are effective treatments available, like compounded medications, laser therapy, PRP platelet-rich plasma, nutritional supplements, etc. that can help protect follicle function and make hair follicles produce longer, thicker and healthier hair, once hair density is severely depleted, the only option for regrowth in that area is a hair transplant. Is your hair beyond repair? You'll need a microscopic evaluation to tell if follicles can be rejuvenated, or if are they "dead and gone."

And speaking of hair transplants...

True or False? All hair transplants are pluggy and painful.

While this may have been true decades ago, today, major advances in microsurgery, anesthetic techniques, and careful attention to patient comfort now allow skilled surgeons to comfortably restore permanent living and growing hair artistically, with 100% natural results. New, minimally invasive hair transplant procedures using an FUE or Follicular Unit Extraction approach enables skilled surgical teams to meticulously relocate as little as one hair follicle at a time so there are no "plugs," no rows, and absolutely no linear scars left behind, which is typical of outdated "strip-harvest" procedures.

What's more, new instruments and techniques developed within the past year or so allow for some procedures to be performed without any trimming of hair. The discreet No-Shave Long-Hair VIP|FUE™ process offers patients all the advantages of traditional minimally-invasive FUE – including no staples, no stitches, no-linear-scar, and a more comfortable and less restricted downtime when compared to outdated invasive linear or "strip" harvesting – but without having to undergo a drastic hairstyle change.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved – so choose wisely. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their experience and artistic ability.



Bauman Medical uses advanced online video conferencing technology for virtual consultations so patients can privately discuss their hair loss concerns from the convenience of their home.

Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask to speak to previous patients.

True or False? Any dermatologist can treat hair loss.

Of course, for skin cancer, acne, psoriasis, and many other skin conditions, your dermatologist should be your primary resource. Today, however, because the diagnosis, measurement, treatment, and tracking of hair follicle function has become so specialized, your local derm may not necessarily be your best resource for hair thinning or scalp health issues. If you do visit your derm regarding a hair loss concern, hopefully, they will quickly refer you to an experienced, credentialed and qualified physician who specializes exclusively in hair restoration.

As with other medical subspecialties, hair restoration has its own certifying board, the American Board of Hair Restoration Surgery. In order to achieve optimal results, it is important to consult with an experienced Hair Restoration Physician – a doctor whose practice is exclusively dedicated to the medical diagnosis, treatment,

and tracking of hair loss and regrowth. To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS), and seek out someone who has achieved Fellow status within the International Society of Hair Restoration Surgery (FISHRS).

True or False? Hair loss is a treatable condition.

Thankfully for hair loss sufferers, this one is TRUE! In the past, there were no effective treatments in sight for hair loss and hair thinning patients; the only solution was to cover up hair loss with hats and artificial hairpieces. Fortunately, thanks to years of advanced research and new cutting-edge technology while there's no "miracle cure," today, there are many effective hair loss medications, treatments, and procedures that have made hair loss a treatable condition.

To learn more about the latest advancements in hair restoration, or to schedule an in-person or virtual appointment with Dr. Bauman, please visit www.baumanmedical.com or call 561-220-3480.

TRUE OR FALSE? I NEED TO VISIT BAUMAN MEDICAL IN-PERSON TO GET STARTED WITH MEDICAL TREATMENTS FOR HAIR LOSS.

It may sound too good to be true, but this one is false. Telemedicine, in one form or another, has been a routine part of Bauman Medical for over two decades. Today, Bauman Medical uses advanced online video conferencing technology for virtual consultations and follow-ups. From the convenience of your home, you can connect with the Bauman Medical team from your smartphone, tablet or computer to privately discuss your hair loss questions or concerns, hair restoration treatments, initiate or refill prescriptions, answer procedure questions, as well as execute procedure or follow-up appointment scheduling.

Whether you are across the globe or just across town, private one-on-one virtual or in-person appointments with board-certified Hair Restoration Physician, Dr. Alan J Bauman, Trina Arce, our Nurse Practitioner, Kim Jenkins, our in-house Trichologist, and our entire Patient Services team, are available based on your needs.

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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SENIORS AND COVID-19



As with the flu or other infections, COVID-19 is particularly challenging for the elderly patient population. Those over the age of 60 are having more difficulty fighting the viral infection and many are facing life-threatening symptoms. As with influenza, the risk of breathing dysfunction and pneumonia are what's causing the virus to take such a great toll on seniors. The FDA is working on drugs that are thought to kill the virus, but until then, it's detrimental that all seniors practice good hygiene, and avoid contact with others until the infectious spread has decreased. If you must go out, please treat every person and every area as if contaminated. Wash your hands and disinfect areas that you may have touched. Maintain good healthy habits such as sleeping 7 to 9 hours, eating nutritious meals, practice calming techniques and supplement the immune system with extra vitamin C and any herbal remedies of your choice.

**CYPRESS MEDICAL –
GERIATRIC SPECIALTY**

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 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.



**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 over 35 Alzheimer's dementia 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 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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(863) 421-4400
cypressmedicalcenter.com

There is a Better Way to REDUCE JOINT PAIN & REGENERATE YOUR BODY

You've got aches and pains, swollen joints, impingements, and limited range of motion. What will a surgeon tell you? Surgeons will say that you need surgery, you need a joint replacement, bunion surgery, back surgery, and list goes on and on. The problem is that many times, these surgeries are completely unnecessary, and they often fail to work. There is a better way that's completely non-invasive, drug free, cost effective, and has helped numerous individuals just like you!



Research shows that diet and the right supplements have a profound effect on our joints, skin, connective tissue, and health in general. One national study reported that about one-third of adults and an increasing number of young people 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 our body, from our ankles and feet to shoulders and hands.

The problem is, traditional medications, steroid injections or surgical procedures DO NOT treat or address the fundamental cause of joint problems, which is a **lack of nutrients, which causes the body to become unable to regenerate and heal itself.**

It's time to correct the issue instead of just trying to mask the symptoms.

What is the root cause of why our joints start to degenerate?

The simple fact is that with age and overuse, our joints **lose their lubrication and buffering mechanisms.** We're losing collagen and hyaluronic acid in our body about 10-15% a year, so we are simply drying out and breaking down. As we lose hyaluronic acid, we lose the ability to hydrate our bodies properly, no matter how much water we drink. This is why we need to replace these crucial elements that our bodies are made of, primarily collagen, hyaluronic acid, and chondroitin sulfate.

The problem is, we can't replace these elements through simply eating healthy food:

1. The body requires the correct ratio of Collagen Type 2, Hyaluronic Acid (HA), Chondroitin Sulfate, and other Glycosaminoglycans in order for them to be recognized by the body, 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.
2. Absorption is the key factor. Naturally occurring molecules of collagen and HA are 100 times too big and heavy for the body to absorb. They simply are eliminated in the digestive process.

Remember: it's not what we take, but what our body can absorb that counts.

3. Collagen and HA as they exist in food get destroyed by stomach acids and therefore become unusable by our body. They must be made into a form that starts to get directly absorbed underneath our tongue and goes directly into our bloodstream, bypassing this destructive digestive process.

There are many collagen supplements on the market from different sources, but they're not all effective:

4. One type of collagen is called undenatured or unhydrolyzed collagen. This type is totally useless because its molecules are too large for our body to absorb. It simply passes through the system without much effect. It's like trying to pass a basketball through a fishing net: the basketball won't get through due to its large size in relation to the fishing net's small openings.
5. The other type of collagen is hydrolyzed collagen. It most often comes from a cow or a pig source. Its molecules are still a little too large optimal absorption. The biggest problem, however, is that this source has collagen type 1 and not collagen type 2, which is what is needed to rebuild our joints. Also, there is no hyaluronic acid or chondroitin sulfate in this source, which are needed for the body to be able to recognize it and synthesize it. Because of these deficiencies, this source is not effective in rebuilding our joints or our connective tissue.



6. One other type of the collagen is derived from eggshells and fish. Again, this contains collagen type 1 not the necessary type 2. This form does contain trace amount of hyaluronic acid and chondroitin sulfate, but they are in very low concentration and therefore not in the correct ratio for effective absorption.

An innovative, clinically tested solution for joint health

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-controlled clinical studies. The results from these studies have been so extraordinary that this new source of collagen has been awarded 7 US and International patents and multiple industry awards.

There are no other products, even pharmaceutical ones, that can show similar results. This patented new collagen is manufactured in the USA in an NSF, NSF-Sport, CLP/GMP and OTP certified facility.

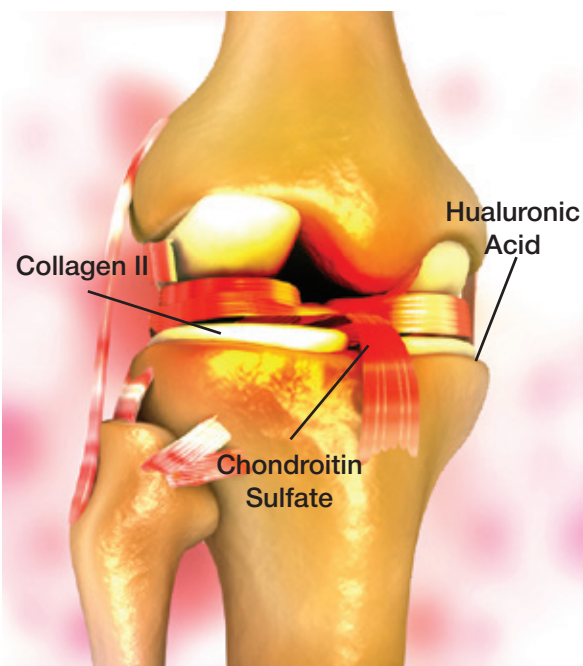
No surgery, drugs or invasive procedures:

It is clinically proven to improve joint mobility, reduce discomfort, promote healthy cartilage and connective tissue, and as a side effect it even hydrates and repairs your skin and reduces wrinkles and deep lines from the inside-out... all without injections, surgery, or creams.

It also **disables hyaluronidase**, a harmful enzyme that destroys hyaluronic acid in your body.

It will help all your joints and connective tissues, including your eyes, gums, skin, nails, and hair.

To view the clinical studies and reviews and to learn how you can rebuild your joints naturally and how to look and feel 10 years younger, just visit our website at EffectiveCollagen.com



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**

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<http://EffectiveCollagen.com/discomfort>



THE COST OF UNTREATED DISABLING HEARING LOSS IS BOTH PHYSICAL AND MONETARY

Kevin T. Barlow, Au.D.

DISABLING HEARING LOSS, WHEN LEFT UNTREATED, EXACTS A COST IN LOST QUALITY OF LIFE AND LOST WAGES, ACCORDING TO AN ARTICLE PUBLISHED IN THE HEARING REVIEW.

The article, “Untreated Disabling Hearing Loss Costs Billions — in the U.S. and the Rest of the World,” suggests that in the United States, 14.6 million people live with disabling, untreated hearing loss. The cost in lost quality of life and wages totals \$133 billion per year, or \$9,100 for each of these people each year. This doesn’t even account for the health care costs associated with untreated hearing loss.

These findings were extrapolations from the results of a large meta-analysis about the European Union, “Hearing Loss — Numbers and Costs,” commissioned by the nonprofit organization Hear-It. For that study, the researchers used data on adults and people of working age from the Global Burden of Disease program as well as data from the International Monetary Fund, Trading Economics, and EuroTrak.

That study found that disabling hearing loss (that is, loss ≥ 35 dB) affects 34.4 million people in the European Union, resulting in lost quality of life and wages totaling \$210 billion.

Given the demographic and economic similarities between the U.S. and the EU, despite the differences among the countries’ health care systems, for the present article the author applied a similar methodology for the U.S.

Armed with those numbers and data from other studies, the author lays out a comparison of the EU and the U.S.:

- In both the EU and the U.S., most people who have a hearing loss don’t use hearing aids. The U.S., however, has a greater percentage that forego hearing aids — 70% compared to the EU’s 65%.
- Whether because of early retirement, less demanding jobs, or higher rates of unemployment, those with hearing loss in both the EU and the U.S. earn significantly



less than those with normal hearing. In the U.S., those with untreated hearing loss stood to lose as much as \$30,000 annually.

- Untreated hearing loss has negative health consequences, such as depression, loneliness, social isolation, fatigue, reduced physical activity, strained relationships, cognitive decline, and dementia. The EU study even suggests hearing loss impacts quality of life more than many other chronic health conditions.

- Adding in the average increase in health care costs for someone with untreated hearing loss — \$22,434 over 10 years, according to a Johns Hopkins study — underscores the importance of recognizing and treating hearing loss as soon as possible.

Don’t wait! If you or a loved one are struggling to hear clearly, Winter Haven Audiology and Ridge Audiology are here to help. Give our team of hearing care professionals a call today at **(863)594-1976** to schedule your appointment.

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WHICH IS BEST FOR YOUR HEALTH?

When it comes to choosing a healthy diet, the amount of contradictory information and programs can be overwhelming. Is vegan, paleo, pescatarian, or keto the answer for optimal health? The answer is not so cut and dry.



When it comes to choosing a healthy diet, the amount of contradictory information and programs can be overwhelming. Is vegan, paleo, pescatarian, or keto the answer for optimal health? The answer is not so cut and dry.

The confusion lies in the fact that all people have different needs and different reactions to foods and nutrients, but the bottom line is, healthy, whole, plant-based diets are the key to health

and organ function. This, however, does not mean that you should or should never consume animal products. It simply indicates that incorporating the right types, quantity, and quality of vegetables and fruits are essential to helping people stay healthy and to reverse damage and degeneration.

There are various types of plant-based diets to choose from, but some may cause more harm than good. For example, going plant-based while eating

processed foods and unhealthy options like refined grains, white rice, cakes, and crackers can raise the risk of disorders due to the chemicals, trans fats, sugars, and refined carbohydrates, which all contribute to an inflammatory state.

A CASE FOR MORE PLANTS

A study published July 17 in The Journal of The American College of Cardiology, titled, “Healthful and Unhealthy Plant-Based Diets and the Risk



of Coronary Heart Disease in U.S. Adults”, looked at the effects of three different plant-based diets throughout several years. In the study, Ambika Satija, ScD et al. and her team of researchers, designed three varieties of “plant-based” diets. The first diet was an overall plant-based plan that included limited amounts of animal products like dairy, eggs, and meat. The second diet was plant-based with whole grains and legumes and excluded or severely limited any animal products. And the third diet was an unhealthy plant-based diet that included sugar, refined carbohydrates and unhealthy foods like French fries and processed bread.

All of the participants were free of chronic diseases at the baseline, and the group of participants in the second diet (healthy plant-based) had the best physical outcomes, while the third dietary group had the worst. In fact, of the third group, 8,631 participants developed coronary heart disease after the conclusion of the trial.

Diets like the Mediterranean diet, the MIND or Dash diet are all viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. Eating plant-based foods while consuming lean proteins like finfish, shellfish or poultry can nonetheless be healthy. With a heart-healthy diet, the best advice is to load up on fresh organic produce, limit

refined or processed foods, reduce alcohol and sugar, eliminate processed meats and excessive saturated fats. If being vegan or vegetarian is better suited for one’s personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate disorders.

Speaking to a medical professional is essential to learn which foods to eliminate from the diet entirely as to not intensify any disease states.

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ELYSIUM MED SPA’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.



Do You Have Ingrown Toenails?

Appropriate & Adequate Treatment is Essential



The medical term for an ingrown toenail is Paronychia. Toenails that curl in on the sides can penetrate through the toe's skin causing a great deal of discomfort and even infection. If you've ever had an ingrown toenail, you know that the pain coming from that tiny little area on your body is excruciating and not easily overlooked.

There are ways that you can try to alleviate the pain, but the best option is to see your podiatrist, especially if you have diabetes, have any vascular disease or circulatory complications like venous insufficiency.

What causes ingrown toenails?

If you wear tight shoes, or shoes with limited toe box space, your toes will be crammed together, and the sides of the toenail can curl in due to the pressure on the nail bed. Other causes are not cutting your nails correctly, repetitious trauma or injury to the toes.

Risk factors for an ingrown toenail include:

- Abnormal bone anatomy or position of the big toe
- Abnormal bone growth beneath the nail
- Poor-fitting shoes — too tight at the toes or too loose
- Trauma to toe



Symptoms of ingrown toenails

- Redness
- Warmth
- Pain
- Bleeding
- Oozing Discharge
- Nails embedded into the sides of the toe skin

Treatment Options

The typical treatment that the podiatrist will perform for ingrown toenails is to soak the feet in warm saltwater or an antiseptic solution, cutting the ingrown portion out of the toe, prescribing oral or topical antibiotics, and applying a dressing the area.

For chronic toenail issues, there is a procedure to permanently treat the area, so that it does

not continue to happen over time. The ingrown portion of the toenail is removed, along with the root of that area through a laser procedure. If you experience ongoing toenail infections, this may be the best option for you.

Podiatry

Podiatrists focus on the feet and everything associated with the foot and ankle, such as the tendons, muscles, ligaments, and bones. Podiatric specialists regularly treat anything that makes up the structure, function, and health of the entire foot. In the state of Florida, a podiatrist is not only able to medically treat the foot, but they also treat the entire lower extremity of the body from the legs down. Because the leg and knee are in such close relation to the effects of the foot and ankle, podiatrists regularly treat bone disorders from the knee down and soft tissue disorders from the hip down. Mid Florida Foot, Ankle & Vein Clinic are the experts in the field of podiatry.

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.



Dr. Gabriel F Delgado FACFAS

Gabriel F. Delgado, DPM is bilingual and was born and raised in Lakeland. He's married with 2 children and has been in practice for 18 years. He has 2 offices, Bartow & Lakeland. He's a graduate of University of Florida and Barry University School of Podiatric Medicine. He's certified by the American College of Foot & Ankle Surgeons as well as the American Board of Foot & Ankle Surgery.



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RELIANCE MEDICAL CENTERS: COVID-19 READY!



As the famous quote by writer Miguel de Cervantes tells us, "being prepared is half the battle." This motto has always been a key driver for Reliance Medical Centers, who's operational philosophy is driven by preparation and planning. The only way to provide patients the care they deserve when they need it most is to ensure that the appropriate services and protocols are in place well in advance. Planning for COVID-19 is no different.

At Reliance Medical Centers, the COVID-19 preparation team, headed by Chief Medical Officer Dr. Carlos Romero, has spent the last 60 days planning for the arrival of the virus in the Lakeland and Winter Haven Communities. "We have developed our COVID-19 response to take into consideration our patients, our staff, and the community as a whole." Explained Dr. Romero. He went on, "From day one, we started implementing a range of actions, and we have progressively evolved our response and preparedness as more information about the virus has come to light."

So how does a leading primary health care clinic prepare for a new virus? Here is an overview of the action Reliance Medical Centers have taken over the last couple of months to make ready for COVID-19.



*Dr Carlos Romero - Chief Medical Officer
and Tasha Saca - Manager of Wellness and Strategic Partnerships*



Winter Haven Clinic – Coming Soon

Increased facility hygiene and sanitization.

Reliance's first step has been to immediately increase hygiene and sanitization protocols at the Reliance Medical Centers in Lakeland and Winter Haven, as well as with their chauffeur-driven transport. Ensuring that all of their facilities are as clean as possible and ensuring that staff diligently follow hygiene procedures will go some way to minimizing the risk of any patients or staff catching the virus.

Introduction of a specific COVID-19 triage protocol.

Reliance has also introduced a specific COVID-19 triage protocol. It is available to anyone in the community. If someone is concerned they may have come in contact with a person carrying the virus, or if they feel that they may have the virus, then they can call Reliance, who will be able to review the patients' circumstances and advise what action to take.

Introduction of a COVID-19 call-out testing service.

If a patient calls in and is identified as needing a test, Reliance has set up a mobile clinical team that will go to the patient to take a sample for immediate testing. It allows the patient to remain isolated in the comfort of their own home and eliminates the possibility of bringing the infection into the clinics. Smart!

Furthermore, Reliance will induct the patient into the patient monitoring program, where every 24-48 hours patient will be contacted to monitor progress. If the test comes back negative, then the patient will be advised, and an appropriate action plan recommended. If the patient's test is positive,

then the patient will be continuously monitored to determine if any further action is required depending on the severity of their symptoms.

Introduction of a segregated COVID-19 testing area at the Lakeland and Winter Haven Clinics.

While both Reliance clinics are walk-in friendly, in the event a person arrives at either facility showing symptoms of the virus, Reliance has also set up a segregated safe area. Here, a trained, dedicated clinical team can take samples for immediate testing, away from other patients or staff. Again, once the patient returns home, the patient will be inducted into the monitoring program.

Introduction of Phone Consults.

This initiative is for any patient that does not feel comfortable coming to visit the clinic in person but wants to consult with a doctor or registered nurse about a condition they may be experiencing. This service will ensure that no matter what, every patient can gain direct access to a doctor without having to feel anxious about a personal visit.

There has been a great deal of consideration put into setting up and implementing these initiatives. Even so, this is not where it ends. The Reliance COVID-19 preparation team will continuously monitor the latest developments and discuss them to determine if any exiting initiatives need adjusting or need to be added. As Alexander Graham Bell once said, preparation is the key to success; and, as Reliance Medical Centers know, it's also the key to delivering priority healthcare!

Reliance

MEDICAL CENTERS

LOCATIONS

Lakeland

3655 Innovation Dr.
Monday – Friday: 8am – 5pm
Saturday: 9am – 1pm
Lab: 7am – 4pm

Winter Haven

111 Avenue A SE
Monday – Friday: 8am – 5pm
Lab: 7am – 4pm

RelianceMedicalCenters.com



IS SPINAL CORD STIMULATION THE ANSWER TO YOUR PAIN?

If you have persistent pain for six months or more, it's considered chronic. By that point, you may have tried just about everything to find relief, but you know you don't want to undergo even more painful surgery or take medication for the rest of your life. What do you do?

Navdeep Jassal, MD, of the Spine & Pain Institute of Florida in Lakeland, Florida offers a minimally invasive treatment called spinal cord stimulation to get rid of your relentless pain.

WHAT IS SPINAL CORD STIMULATION?

If your chronic back pain hasn't responded well to chiropractic care, physical therapy, massage therapy, or injections, spinal cord stimulation is an advanced option for your complex condition. The treatment involves the use of low-grade electrical pulses that interrupt the way your nerves transmit pain throughout your body and the way your brain receives and processes those pain signals.

CANDIDATES FOR SPINAL CORD STIMULATION

Before you get the green light to receive a spinal cord stimulator, Dr. Jassal uses a temporary device to conduct a trial. If your pain lessens during the trial period, it's likely that you're a good candidate for permanent placement of a stimulator. The weeklong test period is also a great time for you to see how you feel with the wires and if you think you're getting adequate relief.

As with all pain management solutions, Dr. Jassal conducts a thorough physical exam, runs tests, and talks to you about your health history before he makes any recommendations.

HOW IS A SPINAL CORD STIMULATOR INSTALLED?

After you pass through the trial phase and determine that you can benefit from spinal cord stimulation, you'll come into our pain management clinic for permanent implantation of your spinal cord stimulator.



During the short outpatient procedure, a member of our team positions you on your stomach and delivers a local anesthetic to make you comfortable. Then, Dr. Jassal makes a tiny incision in your back and places an ultra-thin electrical wire in the epidural space in your spine. He guides the microscopic wire to a second incision near your waist. There he hooks the wire to a small generator, or stimulator, that he leaves in place under your skin. Once your incision is closed, you can sit up and relax until you go home. You'll leave with a small remote to control and adjust your stimulator and help regulate the pain. Our team explains everything you need to know about how to operate your spinal cord stimulator.

WHAT ARE THE SIDE EFFECTS?

Adverse effects are rare. Most problems with spinal cord stimulator placement have to do with the surgical procedure itself, which can lead to bleeding or infection. Some patients report pain at the surgical site for a few days following the implant, but it typically subsides on its own. We'll go over the risks and possible complications so you'll know exactly what to expect.

WHAT KIND OF RESULTS CAN I EXPECT?

For more than 50 years, spinal cord stimulation has helped thousands of men and women. In fact, since its inception, nearly 300,000 stimulator recipients have seen their pain greatly reduced and their quality of life improve. Many people report immediate relief after the implant, while it takes others a few days or weeks to adjust and customize the stimulator's settings to get optimal relief.

The team at Spine & Pain Institute of Florida walks with you through each phase of your therapy, from trial to living with neurostimulation. We'll check up on you regularly and help you make the most of your spinal cord stimulator.

Get drug-free relief for your chronic back pain and get your life back. Call our office or use the online booking feature to see if you're a candidate for spinal cord stimulation.



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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I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.



Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

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