

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

August 2019

Polk/Brandon Edition – Monthly

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**DO YOU KNOW
THE SYMPTOMS OF
A STROKE?**

**GOODBYE WRINKLES,
HELLO DYSPORT**

BACK PAIN

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THE ALTERNATIVE CHOICE THAT
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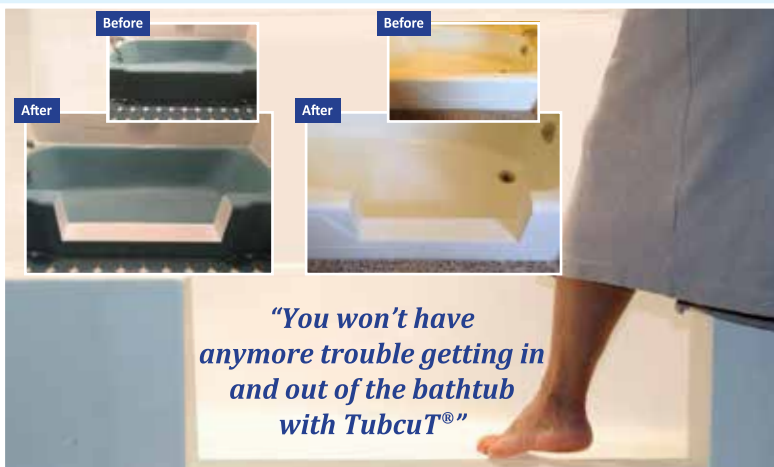
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Do You Know the Symptoms of a Stroke?

How to Recognize and Identify the Signs of a Stroke

Knowing the signs and symptoms of an impending stroke can save lives. Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.



Suchi Chaudhary, M.D.

DR. SUCHI CHAUDHARY, a board-certified neurologist and Stroke Medical Director at Heart of Florida Regional Medical Center in Davenport, FL., said time is of the essence when dealing with someone who is having a stroke. Heart of Florida Regional Medical Center is a Primary Stroke Center accredited by the Joint Commission and American Heart Association/American Stroke Association.

“There is a window of time in which a person needs to have medical intervention to help avoid permanent complications,” Dr. Chaudhary said. “We recently had a woman come to the ER and we were able to see her quickly and treat her with TPA (Tissue Plasminogen Activator). It was 25 minutes from the time she came in the door to the time

we gave her the TPA. I was quickly able to see her improving. That is why we want everyone to know about the signs and symptoms of a stroke and the important of acting quickly.”

Dr. Chaudhary said although TPA can break through a blood clot, it must be given within three to four hours of the onset of symptoms. Not everyone with a stroke can receive the clot-busting drug so it is still important to get the person to a hospital quickly.

SIGNS AND SYMPTOMS

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

- B** – Balance loss
- E** – Eyesight changes
- F** – Face drooping
- A** – Arm weakness
- S** – Speech difficulty
- T** – Time to call 911

Gloria Ceballos, the Chief Nursing Officer at Heart of Florida Regional Medical Center, said treatment for someone suffering a stroke has improved.

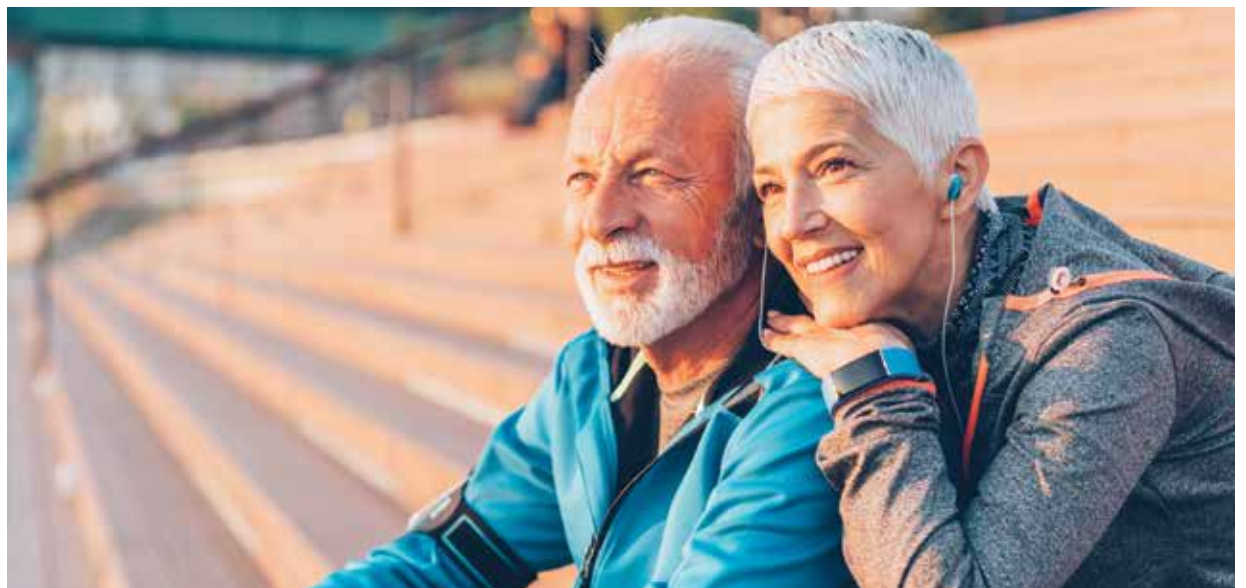
“There have been a lot of advances in research. There are simple steps people can follow to recognize the signs of a stroke and there are things people can do to help lessen their chances of having a stroke,” she said.

STAYING HEALTHY AND AVOIDING STROKE COMPLICATIONS

- Keep your weight down.
- Workout (30 minutes of cardiovascular exercise daily).
- Eating a healthy diet of vegetables, fruit and lean protein.
- Maintain a normal blood pressure.
- Regulate lipid levels and any cholesterol issues.
- Manage your stress.
- Get regular physicals and check-ups.
- Know the signs of stroke.
- Don’t delay, if you or someone you know has stroke symptoms

Seconds matter during a stroke. In stroke care the saying is “Time is Brain” because when an acute stroke is in progress, a patient is losing 2 million brain cells per minute. The short term and long term effects of a stroke are different for every person. But what is a fact is that the quicker care is administered, the better the outcome.

Dr. Chaudhary said the type of stroke a person suffers determines the type of treatment they receive.



THERE ARE SEVERAL DIFFERENT TYPES OF STROKES:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures.
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain.
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow.

**Acute Ischemic Strokes account for 87% of all strokes. When a stroke happens, minutes matter to save lives and to alleviate permanent damage to the brain and body.*

Knowing the signs and symptoms of a stroke can save a life. To learn more about ways to help lessen the chances of suffering a stroke, call to make an appointment with one of our Primary Care providers at **844-634-3627** or visit our web site at HeartOfFloridaPhysicianGroup.com.

ABOUT HEART OF FLORIDA REGIONAL MEDICAL CENTER

Heart of Florida Regional Medical Center believes in providing safe, high quality integrated healthcare and the best experience for our patients and our community. As a licensed 193-bed acute care hospital accredited by the Joint Commission, an accredited Chest Pain Center by the American College of Cardiology, and a Primary Stroke Center by the Joint Commission and American Heart Association/American Stroke Association, Heart of Florida Regional Medical Center puts quality health care front and center. For outpatient services, the hospital offers outpatient imaging, rehabilitation, laboratory services and an award-winning wound care center. Heart of Florida Regional Medical Center is associated with two urgent care centers, an occupational health program, an ambulatory surgery center and an employed physician group to better serve its community. To learn more about inpatient or outpatient services, community education, or to find a physician, visit www.HeartOfFlorida.com or call **866-997-DOCS**. Heart of Florida Regional Medical Center is owned in part by physicians.

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THE FACTS ABOUT STEM CELL THERAPY

To many, stem cell therapy may seem like the new kid on the block for pain management and healing. The truth though is that stems cells have gone through extensive research since the early 1980s, with major developments occurring in the late 1990s. Fast forward to today, and there have been numerous breakthroughs and developments in this kind of therapy. What's more, these positive outcomes continue to progress at lightning speed.

Even with such great strides being made, there is still a lot of outdated and incorrect information regarding stem cell therapy out there today.

This is one of the major reasons we strongly urge people to attend one of our learning sessions: online webinars and/or in-person meetings. Following each session, we can schedule a candidacy evaluation with our physician and the potential patient. During a candidacy evaluation, medical history, prior treatment(s) and past visits with other physicians and specialists are discussed. Most importantly, recent imaging (taken within the past six months) will be reviewed. If after everything checks out, and there is a good track record of treating the particular disease or injury, treatment is approved to begin.

The whole process starts with you, the patient. You know your pain and how it's changed your life better than anyone. Therefore, educating yourself on the benefits, facts and misconceptions of stem cell therapy is so important. Your health and well being may very well depend on it.

To help you on your fact-finding journey, here is a list of our Top Five Most Common Misconceptions of Stem Cell Therapy and their truths.

- 1.** It may cause my DNA to change.
False. No need to rush to send in a DNA sample to check your ancestry before therapy. Umbilical cord cells are naïve/immature and do not react the way a mature adult cell would react.
- 2.** Stem cells matching my blood or DNA are required.
False. Due to stem cells' immune-privileged properties, a DNA match is not required for treatment.

3. Only the super-rich can afford it.
False. The cost of treatment is similar to that of laser eye treatments or cosmetic plastic surgery. Financing options are also available if needed at the Brandon Stem Cell Clinic.

4. Stem cell therapy is a major procedure involving anesthesia.
False. Unlike joint replacement, stem cell therapy is a simple outpatient procedure involving an injection given with the help of guided ultrasound. You'll walk out, same-day, with a Band-Aid.

5. Stem cells are taken from aborted babies.
False. Laws dating back to the early 2000s restrict the kind of stem cells that can be used for treatment. Stem cells used at the Brandon Stem Cell Clinic are from donated umbilical cord blood from live, healthy births.

Have a question that wasn't on our list? Visit www.BrandonStemCellClinic.com or call (813) 800-7836 to sign up to attend our next in-person meeting or webinar.

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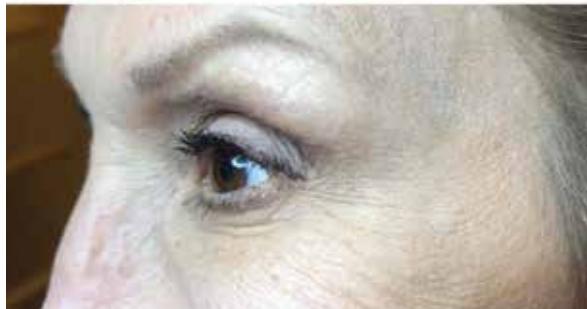
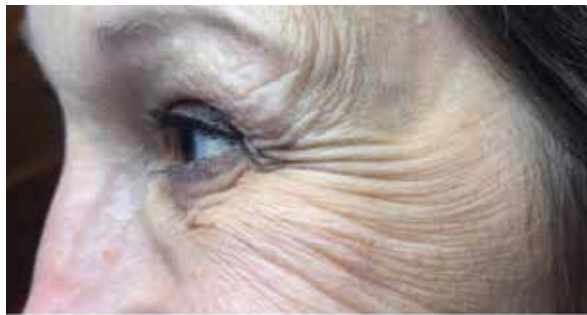
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For many years Botox has been the most recognized name in the beauty industry. Why? Because it is an amazing product that is very effective at relaxing the muscles of the upper face, giving men and women smooth skin. What is Dysport? Dysport is a competitor product with all of the perks of Botox, but a much smaller price tag. There are currently 4 neurotoxins that are FDA approved to treat the upper face: Botox, Xeomin, Jeuveau and Dysport, but today we will highlight Dysport.

WHAT MAKES DYSPORT SPECIAL?

Dysport was first approved in Europe for medical use in 1990 for spastic body muscle conditions. In 2009 the FDA approved Dysport for use in the glabella, the muscles between the eyebrows. Dysport is a unique product that is similar to Botox, but as many aesthetic injectors will tell you, it is much stronger and works faster.

HOW DOES IT WORK?

In order to move, our muscles require communication from our nervous system. The neurotransmitter acetylcholine is what tells our muscles, all of the muscles in our body, to move. Without acetylcholine, our muscles stay relaxed. Dysport acts by blocking the release of acetylcholine, thus wherever it is injected will stay relaxed. The result is temporary, like all neurotoxins, and lasts 3-4 months, at which time touchup injections will relax the muscles again.

HOW IS IT INJECTED?

Our Nurse Practitioner Jeanna Parker will perform a customized assessment of each client and their

specific needs. After the consultation, a consent is signed and pictures are taken to document each client's baseline. The area to be treated is cleansed with alcohol and the Dysport is injected into the muscle with a very tiny insulin needle. Most people are nervous about the injections but realize that it's not that bad at all. Jeanna will discuss the post-treatment instructions and a copy is also provided before leaving. A follow-up appointment is booked for 2 weeks later to assess the results and to take after photos. Every client loves their before and after photos, which are made at each follow-up appointment.

WHAT AREAS ON MY FACE CAN BE TREATED?

The most popular areas of treatment are the forehead, the glabella (the muscle between the eyebrows) and crow's feet. Other areas that can be treated are around the mouth to soften smokers' lines and make the lips softer and larger. The frown lines and the chin can be treated as well and can give dramatic results to the lower face (see photo).

ARE THERE SIDE EFFECTS?

The primary effect of these injections is temporary muscle paralysis, so anywhere the product is injected will relax. Occasionally a condition called 'eyebrow droop' can occur if the forehead is injected too close to the eyebrow, but in the hands of a skilled injector this is very rare. There can also be post-treatment headaches, however many people with chronic headaches report relief when treated with Dysport. Other rare side effects might include: site reactions such as

bruising or pain, flu-like symptoms, dizziness and drowsiness. For a full list of possible side effects please visit dysportusa.com.

WHY COME TO BELLA VISÁGE?

Bella Viságe Medical & Aesthetic Rejuvenation is a family-owned high-end medical spa, located in the heart of Downtown Lakeland. Mark & Jeanna Parker are passionate about creating the best experience for their clients. As a result, Bella Viságe is the highest-rated medical spa in Lakeland with 5-star ratings on Google, Facebook and Yelp. Jeanna is also a board-certified Nurse Practitioner specially trained in aesthetic medicine with over 19 years of experience in the intensive care unit. Call today for a free consultation or book online at bellavisagelakeland.com.



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5 REASONS TO MAKE BETTER HEARING A PRIORITY

Kevin T. Barlow, Au.D.

D ID YOU KNOW? An estimated 466 million children and adults live with a disabling hearing impairment, according to the World Health Organization. As one of the top chronic public-health challenges facing families and communities on a global scale, it's much more common than people realize.

Many also may not realize how far-reaching hearing loss can be, with its links to physical, mental, social, and even financial issues that could affect quality of life. Consider these five examples of problems associated with hearing loss, showing the importance of staying atop your hearing health.



COGNITIVE DECLINE

A growing body of research connects hearing loss to reduced brain function. Older adults with hearing loss, for example, are up to five times more likely than their normal-hearing peers to develop dementia, per a study by Johns Hopkins and the National Institute on Aging. Another study finds that seniors with a hearing condition may experience faster-than-usual brain shrinkage. The good news? Proper use of hearing aids may slow down cognitive decline as much as 75%, per a study published in 2018.

SOCIAL ISOLATION

Hearing plays a big role in everyday interactions with friends, family, neighbors, and colleagues, so it's no wonder that hearing loss can impact your sense of engagement. Those with untreated hearing loss are less likely to participate in social activities, per a study commissioned by the National Council on Aging. This can help lead to social isolation and other problems. Conversely, seniors treated for hearing loss report significant improvements in their social life, relationships, sense of independence, and more.

DEPRESSION

Multiple studies support a connection between hearing loss and depression. Seniors with hearing loss, for example, may have a 57% greater risk of experiencing deep depression, according to a Johns Hopkins and National Institute on Aging analysis of National Health and Nutrition Examination Survey data. Researchers have also found, however, that the odds of depression may be lower with hearing aid use.

FALLS

Ears not only help with hearing but also contribute to your balancing ability. Research points to the increased likelihood of falls among middle-aged and older adults with hearing loss. Even mild hearing impairment can triple the risk of falling, and every 10-decibel increase in hearing impairment might mean a 1.4-fold increase in the odds of sustaining a fall.

MORTALITY

Hearing loss goes hand in hand with higher mortality. One study published in the Journals of Gerontology Series A: Biological Sciences and Medical Sciences found a 20% greater risk of mortality among adults 70 years and older with hearing impairment. Other research has estimated the increased risk at an adjusted 21% or even an adjusted 39%, depending on the severity of hearing loss.



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Benefits of Multi-Therapy Approach to Hair Loss

By Alan J. Bauman, MD, ABHRS

AUGUST IS NATIONAL HAIR LOSS AWARENESS MONTH, which means it is a great time to become aware of and educated about the many tools and treatments available to help the 80 million Americans suffering from unwanted hair loss. Don't be fooled, hair loss is more than a simple cosmetic problem, it is a medical condition that can have a deep psychological impact, but also one that you don't have to live with. What many hair loss sufferers don't know is that today, unlike any other time in history, hair loss is a truly treatable condition.

TREATMENT OPTIONS

Hair loss science is progressing very rapidly and there have been several recent medical advancements that are improving the quality of hair restoration as well as helping patients assess in advance how at risk they might be.

A few of the exciting cutting-edge treatment options to consider and ask your ABHRS (American Board of Hair Restoration Surgery)-certified Hair Restoration Physician about include:

- Minimally-Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or other devices.
- PDOgro™ - Implanted Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Protheses
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the "Turbo" LaserCap devices for at-home use.
- Nutritional & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO

- Hair Mass measurements using HairCheck® to help non-invasively evaluate hair loss conditions, measure early responses to therapy over time – months before they're noticeable to the naked eye -- and also determine exactly when to repeat your PRP treatments.
- Scientific "Scalp Makeover®" - evaluation, diagnosis and treatment regimens for itchy, dry, flaking or oily conditions and other scalp imbalances that can impair healthy hair growth.
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

BENEFITS OF A MULTI-THERAPY APPROACH

While hair loss is a treatable condition, and there are a variety of effective treatment options available, it's important for patients to understand that there isn't a quick fix. Often, as it is in many areas of medicine, "multi-therapy" or a combination of several different treatments, may have the best chance for achieving long-term success depending on the patient's risk factors, the severity of their condition, and their unique hair restoration goals.

This approach not only focuses on restoring hair that has been lost but also sets up a plan to protect the hair that you have against suffering the same fate. Again, each patient may require a slightly varied treatment regimen, but our experience shows that 90% of patients benefit from this approach. The multi-therapy treatment plan also avoids the patient putting all their eggs in one basket, so to speak, and wasting time and money on treatments that aren't giving them the results they desire.

Depending on the severity and stage of one's hair loss, the treatment regimen may be simple or more complex. Medical treatments that will synergistically help mitigate hair loss may include a specially-compounded prescription minoxidil solution, Platelet-Rich Plasma (PRP), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation may be the patient's best strategy for treating hair loss. For transplant patients, a multi-therapy approach may still be recommended to protect the non-transplanted hair follicles from loss.

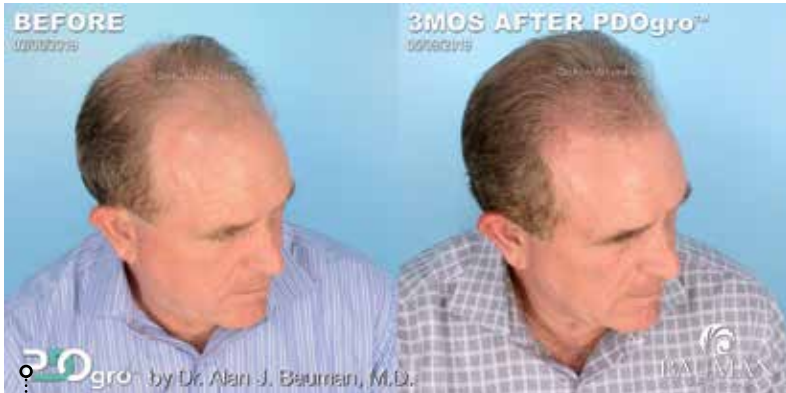
Some examples of powerful combination multi-therapy regimens that Bauman Medical prescribes for hair regrowth include:

- Topical Compounded Formula 82M Minoxidil and Turbo LaserCap or Capillus Laser Therapy
- HD-PRP Platelet Rich Plasma with ECM and Topical Compounded Formula 82M Minoxidil
- Oral Compounded FinPlus Finasteride and Turbo LaserCap or Capillus Laser Therapy
- Topical Compounded Formula 82M Minoxidil and Oral Compounded FinPlus Finasteride
- Turbo LaserCap or Capillus Laser Therapy and HD-PRP Platelet Rich Plasma with ECM
- Oral Compounded FinPlus Finasteride and HD-PRP Platelet Rich Plasma with ECM

Because hair loss can be influenced by a number of factors including genetics, medications, lifestyle, illness, stress, diet, poor sleep, hormones, autoimmune conditions, inflammation and more, it is always important to seek out a proper diag-



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman



Before and 3 months after PDOgro™ by Dr. Alan Bauman



Before and 12 months After PRP+ECM Platelet Rich Plasma with Extracellular Matrix by Dr. Alan Bauman

nosis from a full-time experienced ABHRS-certified hair restoration physician. Working along with your other doctors, this physician can provide a “Master Plan” for your individual hair loss situation as well as measure and track your progress over time so you know if you are reaching your hair restoration goals – or if your treatment regimen needs to be adjusted to optimize results.

TAKEAWAYS

Because science shows that you can lose 50% of your hair without it being noticeable to the naked eye, the earlier you can get started on a treatment regimen, the more likely you are to retain your current hair with the minimum amount of treatment. Just remember, hair loss is no longer inevitable, it’s optional, but only if you take action and take advantage of the effective tools and treatments available. When executed properly, hair restoration can be a fantastic, rewarding and life-changing decision that most patients regret not doing sooner.

For more information on the causes and treatments for hair loss, or to learn what treatment regimen is right for you, please visit www.baumanmedical.com or call 561-220-3480.

About Dr. Alan J. Bauman



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

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

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

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

TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

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



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BACK PAIN

**"Symptoms are the cries
of the suffering organs"**

By Giovanni MoreGagne



Among the symptom (presentation) pain is the first and foremost and back pain tops the list. A 2017 survey found that 54 percent of U.S. adults had back or neck pain for 5 years or longer and 58 percent of adults with back pain sought medical care for their pain in any given year. The above statistics explicitly state a back pain patient is not a member of an exclusive, by invitation only, club but just another one of the hundreds of millions who are all labeled under the title of back pain. Simple anatomical facts can explain why this affliction so ubiquitous. 33 individual bones called vertebrae sit on top of each other, like the stones sit on top of each other in a pyramid. There is no glue, no cement and no fusion between the bones. There is only a thin collagenous material with a mucoprotein gel in the center, very similar to a sunny side up egg, called intervertebral disc in between the vertebrae. Each vertebrae has four moving joints; two with the bone above two with the bone below. Joints are covered by a large number of ligaments. All this is cloaked in multiple layers of muscles. There are a total

of 360 joints in a human body and out of these over hundred joints called facet joints exist in the spine. There are 31 pairs of spinal nerves coming out from narrow hiatuses in between the vertebrae. The back therefore is like a perpetual motion machine whose multiple individual parts are always in a motion even when individuals are visiting the world of dreams in their sleep. Each part of this mechanical structure Bones, joints, ligaments, discs, nerves, muscles can individually or collectively be injured and each injury can have its own specific presentation. Therefore when the back cries and we feel pain a thorough evaluation, an early diagnosis and an appropriate treatment has to be timely and actively initiated. The axiom "A stitch in time saves nine " holds true of all human afflictions but especially for back pain. Neither all back pains cure lies in rods and fusion nor can every ailment be alleviated by simple motions, massage or manipulation. Knowledge of when, why, where and what Intervention is needed is as vital as to know when not to intervene and to let the back heal on its own. To be continued

About Dr. Khan



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

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

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

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

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

(Part II)

In our first Alopecia article (July's edition), we covered the basic definition of Alopecia and some important elements such as types, treatments and prognosis. In brief, Alopecia is the medical term for hair loss that might be related to natural causes or to a medical disorder. There are several types of Alopecia, and different possible medical treatments. Some offer better possibilities to slow down the hair loss process and/or help to re-grow new hair, but none of them offer a definitive cure for Alopecia.

For some people, suffering from Alopecia is not an important issue. However, many other people feel greatly impacted due to the obvious cosmetic consequences of the partial/total loss of scalp hair, eyebrows and lashes. In these cases, Alopecia has negative effects on people's self-esteem, self-confidence and even social interaction. This is why having non-medical options is so important, since not everyone would have successful results with medical treatments because not everyone is a good candidate for them. Also, not everyone can afford them, or wants to go through the side effects of some medical treatments.

There are different cosmetic alternatives for the people suffering from Alopecia, from head pieces and wigs for scalp hair loss, to artificial lash strips or extensions, eyebrows makeup, etc. For some people, these alternatives are all they need, but for other people, dealing with accessories or makeup on a daily basis becomes a chore and an unsustainable

expense. For these cases, Micropigmentation might be just the perfect solution.

Micropigmentation, also known as permanent makeup (PMU) is basically cosmetic tattooing, the art of depositing hypoallergenic pigments into the dermal layer of the skin. This enhances natural features or simulates the appearance of a scalp full of hair follicles, full eyebrows, or even the illusion of density/darkness along the lash line in order to frame the eyes in absence of eyelashes. Micropigmentation is not a new cosmetic technique; it has been around for more than a century now but just recently became popular mainly due two factors. First, the faster and wider possibilities of sharing information through social media, and second, the development of more sophisticated techniques, devices and pigments specifically designed for facial features and scalp. This last aspect results in more natural and beautiful results.

There are different Micropigmentation techniques that can be used depending on different factors such as the desired results, skin type, and specific area to be treated. Our three main areas of interest are cosmetic alternatives for scalp, eyebrows and eyelashes affected by Alopecia.

1. Scalp Micropigmentation: This is a treatment for head hair loss. It might be used for covering areas of the scalp where the skin can be seen due to partial hair loss or thinning. For cases of receding hair line, or female or male pattern baldness the simulation of hair follicles creates the illusion of hair density and disguises the hair loss through the elimination of the contrast of the remaining hair against the bare scalp areas.



Imagen via Vincenzo Coni



Imagen via Vincenzo Coni

Scalp Micropigmentation is also used for extending the hairline and the illusion of a head full of hair follicles for individuals with total baldness who want to achieve a “razor cut” look.

2. Eyebrows Micropigmentation: There are two different kind of techniques for eyebrow reconstruction: microblading (manual technique) and powder eyebrows (machine technique). By using these techniques, the cosmetic tattoo artist can recreate the appearance of full eyebrows, add density to sparse eyebrows, or cover bald spots in the eyebrows.



3. Lash line enhancement: This technique allows creating a subtle, or dramatic, frame along the upper and/or lower lash line. This frame helps to create perception of depth and density around the eyes to compensate the total or partial lashes loss.

It is important to note that while Micropigmentation offers a cosmetic solution, it doesn't have a therapeutic impact on the Alopecia condition. Also, not everyone is a good candidate for Micropigmentation, so it is important for you to thoroughly research the permanent makeup solution offered to you before choosing a cosmetic tattoo artist.

Keep in mind that each treatment usually requires 2 sessions (4 for scalp) and that you will need color refreshments every 6 months to 6 years depending

on the technique used and the pigmented area. As in every other skin cosmetic treatment, the lasting time and aging quality of the results depends on following a good at-home skin care routine and always using good sun protection.

Finally, regarding the two main concerns of most people considering permanent makeup; pain and price. If well executed, the procedure is uncomfortable more than painful because cosmetic tattoo artists use a number of different pain management options. As to price, it varies depending on your area but it's generally affordable especially when compared to the yearly cost of accessories, makeup and other treatments and the time it takes to apply them. In any case, cost should not be the main factor when considering permanent color on your face/scalp. Look for the experience, training, portfolio, location, premises, licenses, insurance, etc. of each cosmetic tattoo artist that you are considering.

Once you have made your choice, follow your cosmetic tattoo artist's instructions for before, during and after treatment, and get ready to enjoy your new, nicer and younger appearance and the self-esteem boost that comes with it!!



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



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A MEDICAL CENTER WITH A COMPLIMENTARY WELLNESS CLUB FOR SENIORS:

We talk to Tasha Saca, Manager of Patient Experience at Reliance Medical Centers to find out more.

TASHA SACA runs the Reliance Wellness Club with the support of Debbie Freeze, Activity Coach in Lakeland. In this interview with Tasha, I find out what the Reliance Wellness Club is and how it benefits patients.

Q: "Can you tell me what the Reliance Wellness Club is?"

A: "We created the Reliance Wellness Club so that we can take care of our patients outside of the exam room. We provide our patients with a range of enriching and invigorating activities designed to improve their overall quality of life, wellness, and health outcomes. The Wellness Club allows us to see patients in a more natural setting than an exam room. This environment also enables us to make a broader assessment of our patients' overall health. Our goal was to create a program that is holistic and preventative founded on evidence-based practices."

Q: "How much does it cost to be a member of the wellness club?"

A: "It's complimentary to all Reliance Medical Centers members. It is a part of the service we offer as a value-based healthcare provider."

Q: "What does the Wellness Center offer patients?"

A: "The Wellness Center is made up of three components: The Wellness Spa, Activity Center, and Fitness Club. The Wellness Spa incorporates a hair and nail salon, massage therapy, and coming soon, medical acupuncture. The Activity Center offers a range of activities from cooking classes and tabletop gardening to creative writing courses and more. The Fitness Club provides a variety of physical activities in a safe, controlled environment. The Wellness Club programs we offer are designed to give patients the tools they need to successfully



(L-R) Debbie Freeze and Tasha Saca

lead a healthier, more fulfilled life, as recommended by the Seven Dimensions of Wellness."

Q: "What are the 'Seven Dimensions of Wellness'?"

A: "The 'Seven Dimensions of Wellness' is an ideology from the International Council of Active Aging that has been well researched and is well-respected among the healthcare community. It puts forward the proposition that a person fulfilled in each of the dimensions will live a healthier, happier life. The seven dimensions are Intellectual, Physical, Social, Environmental, Vocational, Spiritual, and Emotional. We ensure that all our programs incorporate each of these dimensions."

Q: "Can you give me an example of the activities and how they benefit patients?"

A: "One example is our cooking class, specially designed for older adults. In this class, we show the preparation, recipe, and tasting of dishes that are healthy, easy to cook, affordable, and most importantly, delicious. We also talk about the impact of diet in the prevention or management of certain chronic conditions such as diabetes. It's a very social and fun activity, getting very hands-on during the class ensures engagement and a great time.

Another example is our Bone-Builders fitness class. During each class, we complete a range of exercises



Bone-Builders fitness class



Cooking Class

The Seven Dimensions of Wellness



Having a medical center with a complimentary Wellness Club for patients is a real eye-opener for me. Listening to Tasha passionately present the case for Reliance Medical Centers going beyond being a traditional primary care office to include an extensive, holistic health and wellness program makes perfect sense. It provides patients with all the medical facilities you expect from a top clinic, with additional health and wellness facilities that improve health outcomes and contributes to successful aging. Where do I sign!

Reliance

MEDICAL CENTERS

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3655 Innovation Dr.
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 Saturday: 9am – 1pm
 Lab: 7am – 4pm

Winter Haven

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

RelianceMedicalCenters.com

that are great for building bone strength, which in turn decreases fall risk and improves balance. Our hair and nail salon helps patients maintain positive self-esteem as well as a one on one social connection. Our creative writing class gets the brain working, providing patients with intellectual stimulation in a fun way. Every day we strive to provide a well-rounded, holistic array of activities and services. We have a variety of core daily activities mixed in with special events or activities that will benefit our patients."

Q: "Can you give me an idea of the ways you have seen patients benefit from the Wellness Center?"

A: "Sure, one of our wheelchair-bound patients was quite lonely and isolated. He also experienced regular falls, frequently visiting hospital for his injuries. Since he has been coming to Bone Builders, he has become more sociable, made friends with the other participants, and has not had a single fall! We also had a couple whose health was noticeably on the decline due to lack of

activity and poor diet. Both are retired, and both spent much of their day just watching TV. Their weight was an issue, and they were struggling to manage multiple chronic conditions. Now that they are participating in a few of the classes, they have started to lose weight, socialize and are practicing healthier habits at home. The wife even took me to the side today, just after she had her hair done in the salon and told me that her relationship with her husband has improved and they enjoy participating in activities together!"

Q: "How can Reliance Medical Centers afford to offer the Wellness Club at no cost to patients?"

A: "Reliance Medical Centers is a value-based healthcare service. That means we get rewarded for keeping our patients healthy and supporting them. The more preventative and holistic the services we provide to our patients, the healthier they become and stay. In turn, this gives our patients a better quality of life while benefitting Reliance Medical Centers and finally benefitting society and improving public health."

Kids Have Problems with Their Feet Too:

PEDIATRIC FOOT CARE



More than 75% of people in the United States will experience foot disorders. Foot pain, like standing on your feet for extended periods, ill-fitting shoes, hereditary and genetic disorders, excessive exercise, trauma, and diseases cause foot problems, and there are a growing number of children with foot conditions.

PEDIATRIC FOOT PAIN

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.

INGROWN TOENAIL



An ingrown toenail occurs when the edge of the nail, usually on the big toe, grows into the skin adjacent to it. This causes pain, and if left untreated may result in infection. Signs of an infection include redness, swelling, and discharge at the edge of the toenail. Inflammation may increase to the point where the skin at the edge of the toenail swells over the side of the nail.

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

HEEL PAIN



Heel pain can be caused by plantar fasciitis, which is an inflamed area of the heel bone where a thick band of tissue called the plantar fascia attaches. This type of heel pain occurs on the bottom of the heel either with activity or after rest. Heel pain in the back of the heel is common in adolescents and 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 aged 8-14. 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.

FLAT FEET



Flat feet are a common condition of the foot structure. In infants and toddlers, prior to walking, the longitudinal arch is not developed, and flat feet are normal. Most feet are flexible, and an arch appears when children begin standing on their toes. The arch continues to develop throughout childhood, and by adulthood, most people have developed normal arches.



Flat feet are generally associated with pronation, a leaning inward of the ankle bones toward the centerline. Shoes of children who pronate, when placed side by side, will lean toward each other (after they have been worn long enough for the foot position to remodel their shape).

Many people with flat feet do not experience pain or other problems. When pain in the foot, ankle, or lower leg does occur, especially in children, the feet should be evaluated.

Painful progressive flatfoot, otherwise known as tibialis posterior tendonitis or adult-acquired flatfoot, refers to inflammation of the tendon of the tibialis posterior. This condition arises when the tendon becomes inflamed, stretched, or torn. Left untreated, it may lead to severe disability and chronic pain. People are predisposed to tibialis posterior tendonitis if they have flat feet or an abnormal attachment of the tendon to the bones in the midfoot.

Nonsteroidal anti-inflammatory medications, icing, physical therapy, supportive taping, bracing, and orthotics are conventional treatments for painful progressive flatfoot. Note: Please consult your physician before taking any medications. In some cases, a surgery may need to be performed to repair a torn or damaged tendon and restore normal function. In the most severe cases, surgery on the midfoot bones may be necessary to treat the associated flatfoot condition.

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

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“I was struggling with complex PTSD flare-ups, and while therapy helped, I knew I needed something more. I came upon studies about CBD and PTSD and tried it the same day. It started helping within minutes, reducing my hyper-vigilance and anxiety like nothing else has. It changed my life, and I’m so grateful.”

–August M.

“I walked in, and it felt like a spa. Tranquil and chill. Lots of different products and very informative. I will be back!”

– Christina O.

“Love this store & their products!! I have used other CBD products and SUNMED brand is the best I’ve come across! Would highly recommend to anyone looking for high-quality CBD and an education on it!”

– Rachael Q.

“This is a great place for natural healing. I recommend this store for everyone. Good products and knowledgeable staff Check them out.”

– Joshua C.

“My 8-year-old pup has severe anxiety and PTSD. The vet had him on ridiculously high doses of pharmaceuticals. CBD oil is the only thing that has helped him be himself again.”

– Jessie M.

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By Charles Etgen Certified Aging in place consultant

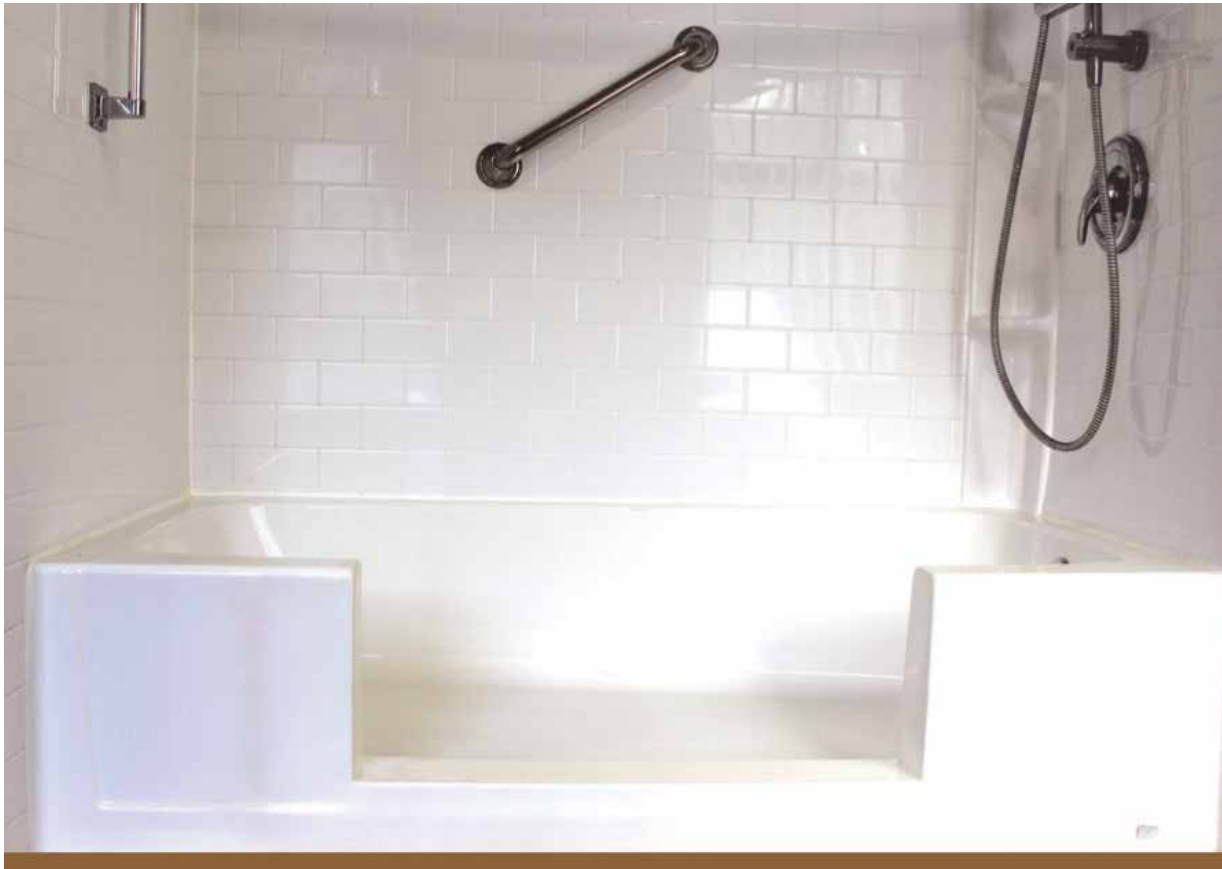


Imagine being able to safely and easily get in and out of your tub and enjoy the warm, soothing water without fear of slipping or falling.

Bathrooms can often be a dangerous place for the aging population because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over. At One Day Bath, we ask: Why walk over your tub when you can walk through it?

One Day Bath offers two convenient and budget-friendly options for revitalizing your bathroom, completely with your safety in mind: The TubCut, which is custom-fit to your tub to become an integral part of the bathtub with a seamless, factory appearance; and the tub to shower conversion, which is a specially designed acrylic shower system that includes a shower surround.

“A lot of people are perplexed about how the TubCut works. When folks first take a look at it, they think that it goes over the existing tub. Instead, it actually modifies your existing bathtub into a walk-in shower. There’s no ripping out, no mess, no demo and no high expense,” says Paul Echavarria, CEO of One Day Bath. “Or, people will ask us, ‘Won’t the water come out?’ and our answer is that a simple shower curtain can stop the water from coming out, just like any other shower.”



“YOU WON’T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”

Why is the TubCut becoming such a popular option for bath modifications? It gives you the same convenience and access of getting into a shower that a traditional renovation would – only, the TubCut is finished in less than one day, and costs significantly less (and doesn’t involve touching any of the plumbing). Even better? TubCut is the only shower conversion that can be reversed by saving the cut out section and using it to restore your tub to its original condition. In the event of the sale of your home, the modification won’t take away value. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

“When you talk about a TubCut, that’s a simple process and we can quote you a price right over the phone,” says Echavarria. “It’s all based on the width of the opening, so with just a few questions we can give you the exact cost of the project. And, there’s no deposit.”

If a customer is interested in the traditional tub-to-shower conversion or they want a consultation to go over both options, a One Day Bath representative can visit their home with materials outlining both processes. Regardless of which choice is made, the turnaround time for either project is less than 24 hours. With a tub to shower conversion, there are a few additional

decisions that need to be made, such as the walls (liner system), style of doors, and the fixtures.

“As far as practicality is concerned, most homeowners are just looking to solve the ‘problem’ of the existing bath being unsafe. The TubCut solves the problem and because of the reversibility, it mimics the same thing that a shower stall would give you and it’s practical for budgets of any level.

“Our clients are happy with the installed product,” says Echavarria. “I’ve been installing the TubCut for 27 years, and have never had a failure. And the bottom line is, it makes accessibility simpler.”




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SUPPLEMENT



What's the Difference Between **MEDICARE ADVANTAGE** and **MEDICARE SUPPLEMENT** Insurance Plans?

There are different ways that you can receive your Medicare coverage, or add onto that coverage. Medicare Advantage and Medicare Supplement Insurance are options that may sound familiar, but they're quite different. They do have one main thing in common: they're both offered by private insurance companies.

There are two options commonly used to replace or supplement Original Medicare. One option, called Medicare Advantage plans, is an alternative way to get Original Medicare. The other option, Medicare Supplement (or Medigap) insurance plans work alongside your Original Medicare coverage. These plans have significant differences when it comes to costs, benefits, and how they work. It's important to understand these differences as you review your Medicare coverage options.

Original Medicare, Part A and Part B, is a government health insurance program for those who qualify by age or disability. Part A is hospital insurance, and Part B is medical insurance. There are some out of pocket costs associated with Original Medicare, such as co payments, coinsurance, and deductibles. To help with those costs, if you are enrolled in Original Medicare, you can purchase a Medicare Supplement (Medigap) Insurance plan.

Medicare Advantage plans offer an alternative plan; you're still enrolled in the Medicare program; in fact, you must sign up for Medicare Part A and Part B to be eligible for a Medicare Advantage plan. The Medicare Advantage plan administers your benefits to you. Depending on the plan, Medicare Advantage can offer additional benefits beyond your Part A and Part B benefits, such as routine dental, vision, and hearing services, and even prescription drug coverage.

If you decide to sign up for a Medicare Advantage plan, you will want to shop around because costs and coverage details are likely to vary significantly.

MEDICARE SUPPLEMENT INSURANCE PLANS

Medicare Supplement insurance, also known as Medigap or MedSup, is also sold through private insurance companies, but it is not comprehensive medical coverage. Instead, Medigap functions as supplemental coverage to Original Medicare. Current Medigap plans don't include prescription coverage.

Medigap plans may cover cost like Medicare coinsurance and copayments, deductibles, and



emergency medical care while traveling outside of the United States. There are 10 standardized plan types in 47 states, each given a lettered designation (Plan G for example) Plans of the same letter offer the same benefits regardless of where you purchase your plan.

You will want to compare the Medigap policies carefully, because while benefits are standardized, the costs are not, meaning they could fluctuate widely depending on the insurance company offering the plan and location.

If you decide to sign up for a Medigap policy, the best time to enroll is actually 6 months prior to

turning 65, as this is when the plans will be their cheapest. If you wait until 3 months or less before turning 65 to sign up for coverage, you will pay on average 10% more. This period of time up until 6 months after you turn 65 is called , Initial Open Enrollment period. If you enroll in a Medigap plan during this period, you can't be turned down or charged more because of any health conditions. But if you apply for a Medigap plan after age 65, you may be subject to medical underwriting; and your acceptance into a plan isn't guaranteed.

Let Licensed Medicare Consultants educate you on the differences in coverage so you can make the best decision based on your individual situation.

LICENSED MEDICARE CONSULTANTS
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WHAT HAPPENS AFTER YOU ARE DIAGNOSED WITH ALLERGIES OR ASTHMA?

From the desk of Tamar N. Rubin, MD
allergist/immunologist at Florida Center For Allergy & Asthma Care

Chances are that you have suffered symptoms of allergies or asthma that brought you to the ER or to the allergist's office. An allergist is a specialist that evaluates, diagnoses and treats allergic conditions. Once diagnosed with allergies or asthma, your physician may prescribe life-saving medications and explain a treatment plan to help you better manage your symptoms.

How do you learn to live a happy and healthy lifestyle with your new diagnosis?

LEARN

Patient education may start in your physician's office, but it doesn't end there. You have a healthcare team including an allergist, allergy nurses, a primary care physician, and possibly other specialists. They will help you understand your treatment plan, necessary medications, and if allergy shots are an option for you. They will provide an action plan to help you avoid allergy triggers and to manage your allergy medications. These action plans are helpful to patients in managing their symptoms, but are also required for children at schools and after-care facilities. The American College of Allergy, Asthma and Immunology (ACAAI) and the American Association of Allergy, Asthma and Immunology (AAAAI) are the professional organizations for allergy and asthma. These organizations share useful information on their websites through

articles and videos. Additionally, there are support groups where you can learn more about your diagnosis, disease management, and speak with others who can share their experiences.

LIVING WITH ALLERGIES OR ASTHMA

Adjusting your daily routine to take better care of your health can be overwhelming at first. This is especially true for children. As a parent, it's important to educate everyone who spends time with your child on his/her new diagnosis. For food allergies, they will need to understand how to avoid certain foods and when to give epinephrine. For asthma, they will need to know which triggers to avoid and when to administer preventative and rescue medications.

Your allergies or asthma don't have to hold you back. Having a pet allergy doesn't mean that you will have to give your pet away. A diagnosis of exercise-induced asthma doesn't mean you will not be able

to play sports. Having a food allergy doesn't mean that you will not be able to eat with your friends or go to celebrations.

Through better education and support, patients and their families will feel confident to live a life without fear of their diagnosis.

INSPIRE, MOTIVATE AND SPEAK-UP

Now that you learned about allergies and asthma, it's time to educate others. Don't be discouraged if your friends and family may be unaware of how to manage your condition. Many people have mistaken views on what these conditions are and don't realize the impact on your life. Explaining your diagnosis, treatment, and avoidable complications will help those around you understand the steps you are taking towards healthier living. This will not only empower you to stick with your treatment plan, but it may inspire others to live healthier, too.



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PALM BEACH GARDENS

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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

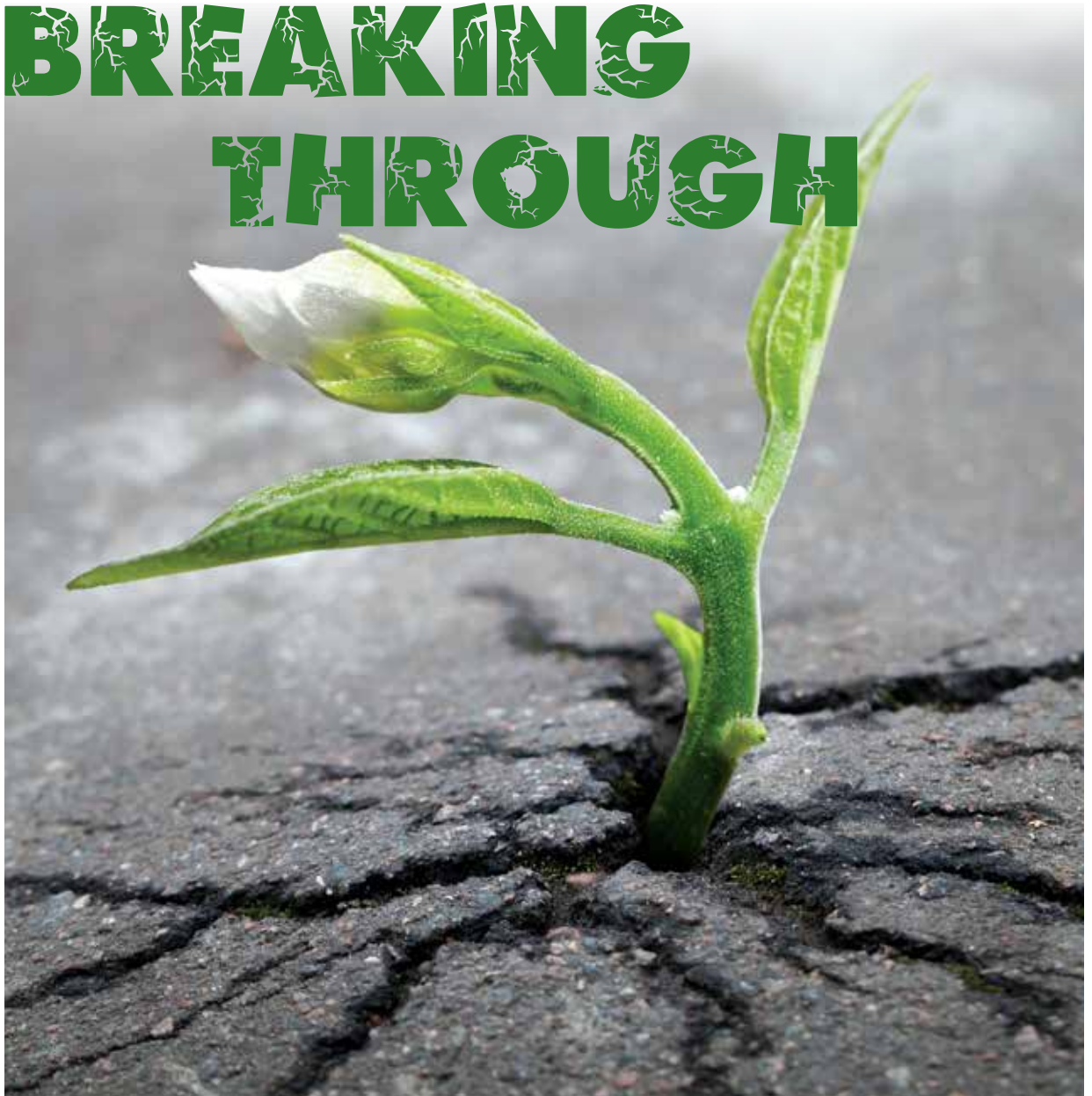
Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS. It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

BREAKING THROUGH



4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)

Brent Myers

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