

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2019

Polk/Brandon Edition – Monthly

www.HealthandwellnessFL.com



FREE



**WHOLE-PERSON
HEALTH CARE IS
NOW IN POLK COUNTY**

**URGENT CARE VS.
EMERGENCY CARE:
KNOW WHERE TO GO**

**THE PIQ04 LASER
FOR PHOTOACOUSTIC
SKIN REJUVENATION:
BIG RESULTS WITH NO
DOWNTIME!**

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

WHAT IS SHINGLES?



Bella Visage
MEDICAL & AESTHETIC REJUVENATION

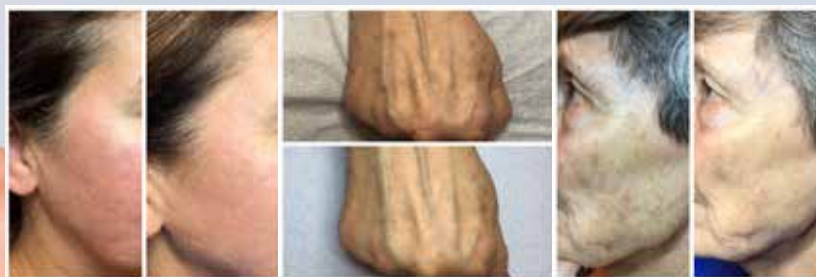
Big Results, *Fast* Treatment, *No Downtime!*



Erase unwanted imperfections from your skin with PicoFractional Laser Treatments.

Treatment with the PiQo4 Laser can minimize the appearance of:

- ✓ Unwanted pigmentation and lesions
- ✓ Skin irregularities
- ✓ Stretchmarks
- ✓ Melasma
- ✓ Facial lines and wrinkles
- ✓ Sun damage
- ✓ Surgical, traumatic, and acne scarring



Actual Bella Visage clients | After 1-2 PiQo4 Treatments

Fast | Affordable | Minimal Downtime | Much Lower Risk



MEET JEANNA

Jeanna Parker is the owner and Nurse Practitioner at Bella Visage Medical & Aesthetic Rejuvenation. Although she was very impressed with the ability of the PiQo4 to treat unwanted tattoos, she is thrilled with the results of the PicoFractional treatments. The speed of the treatments combined with the amazing results are what make this treatment one of the most popular at Bella Visage.

For a free consultation with Jeanna, call **863.617.7207** or book online at bellavisagelakeland.com
Please see article on page 16

119 Traders Alley,
Lakeland FL 33801

Book Online
www.BellaVisageLakeland.com

For Appointments Call!
863.617.7207



GET IN. GET OUT. GET BETTER.

For life's aches, pains, sprains and strains, BayCare Urgent Care is here to help. Serving Polk County with locations in Winter Haven and Haines City (Lakeland coming in 2020), we offer everything from preventive care like routine physicals, to urgent care for colds and flu, for adults and children age 2 and older. With extended evening and weekend hours, you can walk in when it's convenient for you.

We also offer a simple way to hold your place in line with our online Save Your Spot tool. Choose the location and time you'd like to come in, and we'll send you a text message when it's time to show up.



Hold Your Place in Line

SAVE YOUR SPOT

BayCareUrgentCare.org

 **BayCare**
Urgent Care

BREAKTHROUGH HAIR GROWTH SOLUTION

BENEFITS BUSY EXECUTIVES

Non-invasive. No blood sample. No downtime. No recovery.

Your lunch-hour hair growth solution is our breakthrough **PDOgro™** procedure.

Pioneered by Alan J. Bauman, MD, **PDOgro™** is just one of many advanced hair restoration options for men and women that can work for you.



Forbes



CNN



WSJ



Men'sHealth



BAUMAN™
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHRS



#1 Top
Hair Restoration
Surgeon

Call **561-220-3480** to schedule your in-office or virtual consultation with a **nationally recognized hair loss expert.**

1450 S. Dixie Hwy, Boca Raton, FL 33432 | CALL 561-220-3480 | BAUMANMEDICAL.COM
See before & after images at **BAUMANMEDICAL.COM**

I CHOSE THIS PROFESSION TO HELP
IMPROVE THE LIVES OF INDIVIDUALS
WITH HEARING LOSS AND RECONNECT
THEM WITH THEIR LOVED ONES.

— Kevin T. Barlow, Au.D.
Doctor of Audiology



CALL TODAY to schedule your appointment!

863.594.1976

Winter Haven
=Audiology

Winter Haven
510 1st St S

Ridge
=Audiology

Lake Wales
704 SR 60 E

Celebrating 39 Years
of Service in
Central Florida

WinterHavenAudiology.com



Art on your Skin!

MiBella
DERMASTUDIO



Bella Brunk
Registered Aesthetician
Licensed Tattoo Artist
Permanent Makeup
Lash Technician
Tattoo Removal

335 Doris Drive
Lakeland, FL 33813
863-738-9328

MiBella.DermaStudio

6 Whole-Person Health Care Is Now in Polk County

8 Stem Cell Therapy

10 Urgent Care vs. Emergency Care: Know Where to Go

12 What is Shingles?

14 Shedding Light on Alopecia Areata

16 The PIQo4 Laser for Photoacoustic Skin Rejuvenation: Big Results with No Downtime!

18 Pillows for Your Feet?!

20 Protect Your Hearing, Protect Your Passion

22 Permanent Makeup for Men

24 Your CBD Store in Lakeland and Winter Haven Why Their Products Are a Step Above the Rest

26 Reliance Medical Centers Shows How Being Involved in Community Organizations and Initiatives Has a Positive Impact on Health Outcomes for Older Adults – Specifically Fall Prevention

28 Licensed Medicare Consultants – Helps Navigate You Through Medicare’s Confusing Maze

30 “Cut” Your Tub? Why This Easy, Inexpensive Project Can Add Serious Home Safety

31 Spiritual Wellness: One Another

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2019. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

PAIN MEDICINE INCORPORATED

Walk in the clinic
as a patient,
walk out
as a friend.



Common Pain Issues treated

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

Pain Treatments Offered

- Epidural Injections
- Facet Injections
- Nerve Sleeve Injections
- Discograms
- Percutaneous Disc Decompression
- Spinal Cord Stimulation
- Radio Frequency Neuroablation
- Pharmacological Evaluation & Therapy
- Neuropathic Pain Medications
- Opiate “Pain Killers” (selected patients)
- Anti-inflammatory drugs
- Intrathecal Pump

Almost
All
Insurances
Accepted



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

541 S. Florida Ave.
Lakeland, FL 33801
Phone: (863) 682 - PAIN
Fax: (863) 682 - 5566

PAINMEDINC.COM



Whole-Person Health Care is Now in Polk County.

Heart of Florida Regional Medical Center and Lake Wales Medical Center are now in the AdventHealth family and backed by the #1 hospital in the state.

AdventHealth is already a familiar name to many Central Floridians as a medical mainstay and one of the largest faith-based health systems in the country. Now, its unique brand of whole-person health care – focused on individualized healing for the body, mind and spirit – is poised to gain a lot more attention in Polk County.

Effective September 1, 2019, the 193-bed Heart of Florida Regional Medical Center and the 160-bed Lake Wales Medical Center have joined the health system as AdventHealth Heart of Florida and AdventHealth Lake Wales. This acquisition includes both hospitals' related businesses, physician clinic operations and outpatient services. AdventHealth is also welcoming more than 1,200 new employees to the organization along with dozens of employed physicians who will join its AdventHealth Medical Group.

LEADING THE WAY IN CENTRAL FLORIDA

These exciting acquisitions mean that Polk County residents now have nearby access to a comprehensive care network that's anchored by Central Florida's own AdventHealth Orlando, which was recently ranked the #1 hospital in all of Florida by *U.S. News & World Report* in its 2019-2020 Best Hospitals ratings. The organization's flagship children's and women's hospitals – AdventHealth for Children and AdventHealth for Women – were also recognized by U.S. News for providing the best newborn and best women's care in Florida, respectively.

“Polk County is one of Florida's fastest growing regions and it's important that health care services keep pace, so the communities we will serve here can also be amongst the state's healthiest.”

– Daryl Tol, President/CEO for AdventHealth Central Florida Division

AdventHealth Heart of Florida and AdventHealth Lake Wales are now part of the health system's Central Florida Division, the hub of the only national health care organization headquartered in Florida and one with a history that spans more than 100 years in the region.

A Network of Services, Close to Home

The AdventHealth Care Network provides Polk County residents with a full range of connected health care services near where they live, work and play. These services include:

- AdventHealth eCare through the AdventHealth app
- Medical imaging
- One freestanding emergency room
- Outpatient services
- Occupational therapy
- 16 primary and specialty physician practice locations
- Sports medicine and rehab
- Two AdventHealth Centra Care locations for urgent care
- Two full-service hospitals

“Polk County is one of Florida's fastest growing regions and it's important that health care services keep pace, so the communities we will serve here can also be amongst the state's healthiest,” said Daryl Tol, president/CEO for AdventHealth's Central Florida Division. “We look forward to delivering whole-person care to our neighbors in Polk County.”

“We are blessed to have the opportunity to serve these communities, and look forward to offering Christ-centered, whole-person care through our expanded network,” added Terry Shaw, president/CEO for AdventHealth.

The organization has named Brian Adams to the position of market CEO, responsible for the newly acquired hospitals. Says Adams, “AdventHealth has a long history of bettering the regions we serve and where our team members live, work and play. I am honored to have the opportunity to lead our teams in Polk County, and all of us at AdventHealth look forward to being a good neighbor and an active partner in the community.”

About AdventHealth

With a sacred mission of Extending the Healing Ministry of Christ, AdventHealth is a connected system of care for every stage of life and health. More than 80,000 skilled and compassionate caregivers in physician practices, hospitals, outpatient clinics, skilled nursing facilities, home health agencies and hospice centers provide individualized, holistic care. A shared vision, common values, focus on whole-person health and commitment to making communities healthier unify the system's 50 hospital campuses and hundreds of care sites in diverse markets throughout almost a dozen states. For more information about AdventHealth, visit AdventHealth.com or [Facebook.com/AdventHealth](https://www.facebook.com/AdventHealth).



PAIN FREE CAN BE THIS EASY



BRANDON STEM
CELL CLINIC

STEM CELLS CAN HELP:

- Joint, Knee, Shoulder Pain
 - Osteoarthritis
 - Carpal Tunnel
 - Lung Disease
- And much more



BRANDON STEM CELL CLINIC

1602 Oakfield Dr. | Suite 101
Brandon, FL 33511

www.BrandonStemCellClinic.com

Call today for a
Complimentary Consultation
(813) 800-STEM (7836)

What is Arthritis and How can Stem Cell Therapy Heal it?

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

Osteoarthritis

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

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

Rheumatoid Arthritis

Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system, which normally protects itself by attacking foreign substances like bacteria and viruses, mistakenly attacks the joints. This creates inflammation that causes the tissue that lines the inside of joints (the synovium) to thicken, resulting in swelling and pain in and around the joints. The synovium makes a fluid that lubricates joints and helps them move smoothly.

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

What are my treatment options?

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



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

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

For more information on how stem cell therapy may benefit you, please visit brandonstemcellclinic.com.



**BRANDON STEM
CELL CLINIC**

(813) 800-STEM (7836)

1602 Oakfield Dr. | Suite 101 | Brandon, FL 33511

www.BrandonStemCellClinic.com



URGENT CARE VS. EMERGENCY CARE: KNOW WHERE TO GO

When you, your child, or a loved one has fever, sprains an ankle, gets an ear infection or gets overheated, it can be quite challenging to get a same-day appointment with your primary care doctor, and the emergency room may not always be the best choice.

“WE FOCUS ON GIVING PATIENTS ACCESS TO THE RIGHT LEVEL OF CARE, IN THE RIGHT PLACE AND AT THE RIGHT TIME.”



Choosing between an ER and urgent care can often be very confusing. Urgent care centers could be the best option for minor illnesses or injuries. Urgent care centers are equipped to treat a variety of conditions and injuries with on-site lab and radiology services. Patients may receive care quicker and at a lower cost than a trip to the ER.

Avoiding the emergency room when appropriate, is extremely convenient with BayCare’s multiple urgent care locations throughout the Tampa Bay area.

BAYCARE URGENT CARE

BayCare is the leading health system in the region to provide 18 urgent care locations in Pinellas, Hillsborough, Polk and Pasco counties. BayCare Urgent Care offers quick, high quality health care from an experienced team of clinicians for adults and children ages two and older.

BayCare Urgent Care provides convenient access to high quality, compassionate care for patients with medical conditions including minor illnesses and injuries, flu and colds, sprains and strains, urinary tract infections, ear pain or infections, animal or insect bites, minor cuts, stings and burns.

“We focus on giving patients access to the right level of care, in the right place and at the right time,” said Nathan Keith Waldrep, MD, director – chief medical officer at BayCare Urgent Care. “We’re here to take care of those episodic injuries and illnesses that pop up occasionally that don’t require someone to go into an emergency room and for those that can’t see their primary care today.”

BayCare offers a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The centers provides school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

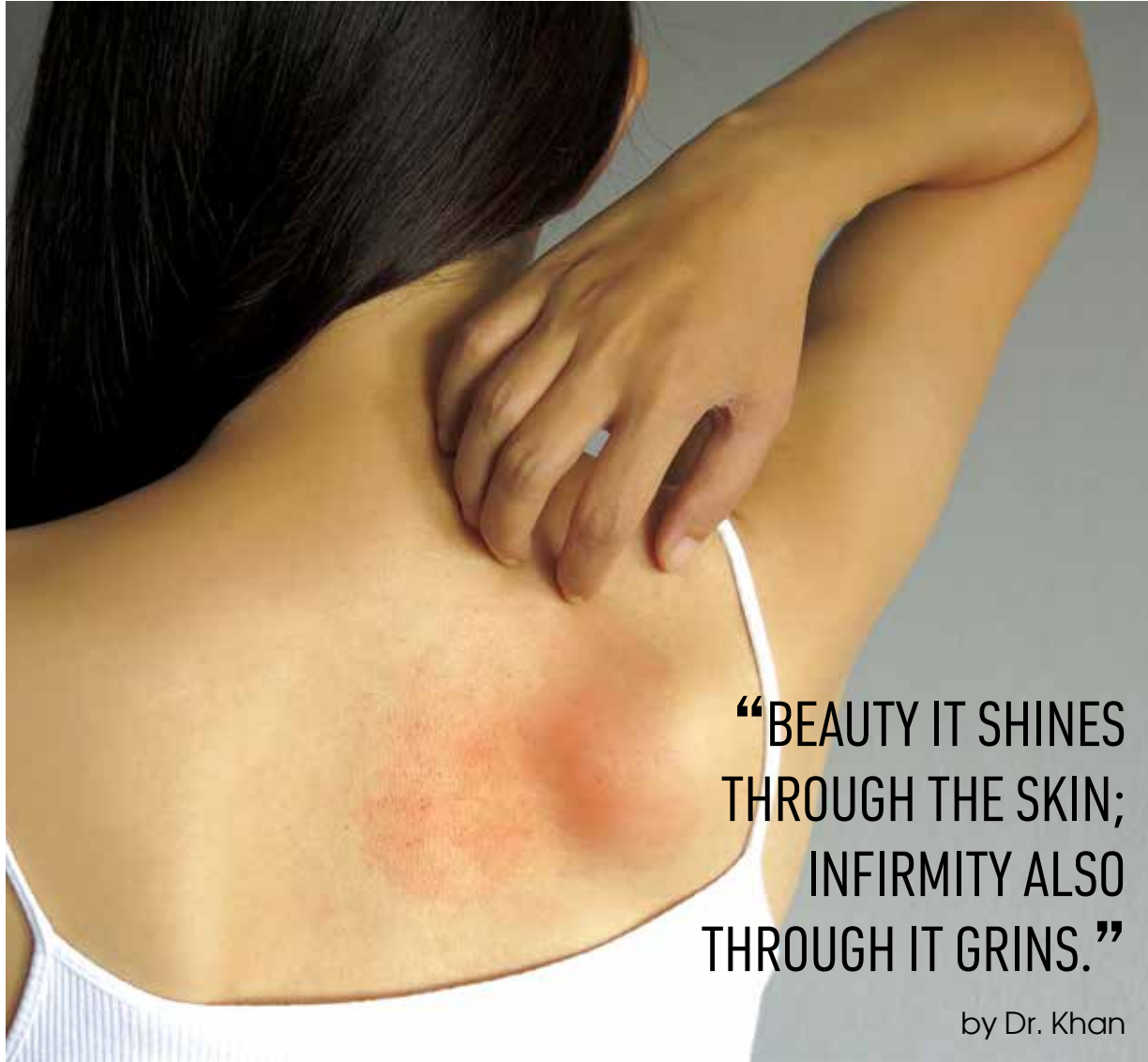
To enhance patient experience, BayCare Urgent Care allows visitors to hold their place online through Save Your Spot. Some facilities also provide extended hours to meet the needs of people with busy schedules.

BayCare Urgent Care is part of BayCare Health System, a leading not-for-profit organization comprised of 15 hospitals and hundreds of other convenient locations throughout Tampa Bay and central Florida regions. Due to BayCare’s hundreds of access points, BayCare provides a full continuum of care through its inpatient, outpatient, imaging, diagnostic, behavioral health, laboratory and wellness services – providing seamless and convenient care for patients and their families.



For more information, visit BaycareUrgentCare.org or stop by a BayCare Urgent Care center.

WHAT IS SHINGLES?



“BEAUTY IT SHINES
THROUGH THE SKIN;
INFIRMITY ALSO
THROUGH IT GRINS.”

by Dr. Khan

Continuing with the back pain we will start with the common afflictions of the back starting from the ailments which present at the skin to those which affect the bones. However one important factor to keep in mind is that where a disease presents itself may be far apart from where the roots of the illness are. It is especially true for the skin which is the largest human organ and is a window to many of our maladies.

One should neither be ignorant or nonchalant about new lesions that present on our skin nor should one be hypochondriac to every little blemish or beauty spot.

The disease we are going to discuss today is an embodiment to both the facts I have mentioned above, first, which it presents on the skin while it seeds deep down in the nerves. Secondly, if diligently identified and a timely action is taken, it may (may) prevent us from a lifelong agony. This disease is so prevalent that most people have heard of it, seen someone who has had it, or have had it themselves. The layman and non professional name of this illness is

Shingles and the medical name is Herpes zoster. The knowledge of both names is germane to the disease presentation thus worth having a knowledge of. Word shingles takes its origin from the Latin word cingulum which means a girdle; the word zoster takes its origin from Greek meaning same the girdle and the word herpes also a Greek origin meaning creeping. It is called so because it mostly makes its debut creeping like a serpent in the form of a girdle on the skin making blisters along its path. The path which is the path of a nerve.

Statistics:

1 to 3 in every 1000 among young and 4 to 12 people in a 1000 in older age group above 65.

About 1 million cases of shingles occur in the United States each year.

The cause; Shingles, or herpes zoster, is caused by the Varicella zoster virus, the same virus that also causes chickenpox.

The infection:

once someone is infected with the virus or has a vaccine for chickenpox, the virus finds it self a home around nerve cell clusters in the head and along the spinal nerves of the infected person. It could be many a moons and many a years after



the initial infection (or vaccination), the virus can be awakened from its incubation reactivated and announce its presence.

Symptoms:

The first symptoms of shingles are often Fever, headache, and achiness pain, burning, or itching along a band (girdle) of skin on one side of the body where the virus has been activated in the cluster of nerves.

Commonly involved nerves:

mid back, (thoracic) (53%)
 Neck (cervical) (20%), and (face) trigeminal (15%) and low back (lumbosacral) (11%).

Progress:

Typically, blisters crust over and scab within 2-3 weeks and pain goes away and soon one forgets about it. But sometimes it can end up with complications.

Complications:

1. Post-herpetic neuralgia; neuralgia is pain caused by the involvement of nerves. This is the persistence of pain after a month of onset of herpes zoster. It is the commonest side effect seen in elderly patients and can sometimes be extremely painful and debilitating.
2. Complications like cranial neuropathies, polyneuritis, myelitis, aseptic meningitis, or partial facial paralysis occur due to the involvement of the nervous system.

3. Disseminated zoster is defined as more than twenty skin lesions developing outside the primarily affected area or dermatomes directly adjacent to it. Besides the skin, other organs may also be affected, causing hepatitis or encephalitis making this condition potentially lethal.

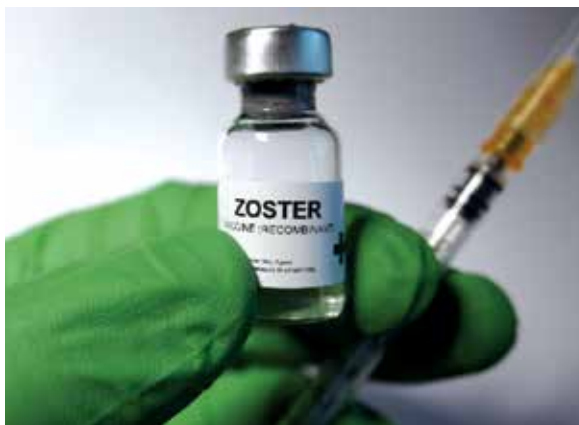
Transmission

A person with shingles cannot give shingles to someone else. However, a person with shingles can transmit Varicella zoster to a person who is not immune to the virus. In that case, the person would develop chickenpox, not shingles.

Transmission occurs via the fluid from the shingles blisters. A person is infectious from the time the blisters appear to the time the blisters crust over and no longer contain fluid. Accordingly, people with shingles blisters are advised to avoid bringing blistered areas in contact with others.

Treatment and Care

1. Certain antiviral medications can reduce the severity and duration of shingles when they are taken soon after symptom onset.
2. Care for shingles usually includes use of pain medications and topical treatments for blistered areas.



Available Vaccines

most Americans age 50 and older are recommended to get Zoster Vaccine which reduces risk of shingles and post-herpetic neuralgia by more than 96%.

About Dr. Khan



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

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

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

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

Please call **(863) 682 - PAIN**
 to schedule your appointment today!
(863-682-7246)

541 S. Florida Ave.
 Lakeland, FL 33801
 Phone: (863) 682 - PAIN
 Fax: (863) 682 - 5566

PAINMEDINC.COM



Walk in the clinic as a patient,
 walk out as a friend.

Shedding Light on ALOPECIA AREATA

By Alan J. Bauman, MD, ABHRS

SEPTEMBER IS ALOPECIA AREATA AWARENESS MONTH

and it's an important opportunity for those suffering from alopecia areata and other less common forms of hair loss, like cicatricial (scarring) alopecia, to get educated about effective new hair restoration options that can help.



ABOUT ALOPECIA AREATA

According to the National Alopecia Areata Foundation, over 6.8 million people in the U.S. have, had, or will develop alopecia areata at some point in their lives. Unlike androgenetic alopecia (common male and female hereditary or “pattern” hair loss), alopecia areata is an autoimmune disorder in which the body’s immune system mistakenly attacks the hair follicles, resulting in the sudden loss of hair. Most often, hair loss occurs in small circular zones, with the hair itself coming out in clumps, leaving smooth, bald patches of varying sizes on the scalp, beard, or elsewhere on the body. Depending on the type and severity of alopecia, sufferers may experience one or more small bald patches on the scalp that spontaneously regrow, or it may progress to full cranial hair loss, including eyebrows and eyelashes, called alopecia totalis, or total body hair loss, otherwise known as alopecia universalis.

WHAT CAUSES IT?

Unfortunately, at this time, we don’t know exactly why the immune system attacks the body’s own hair follicles, but it is believed that genetic factors may contribute to the condition as nearly 20% of affected people have a family member with the condition.

Certain other factors, such as extreme psychological stress, physiological stress, or even allergies, can trigger the condition in some people, but there is little evidence to support that stress on its own may be to blame.

Those who are affected by alopecia areata are more likely to suffer permanent hair loss if they:

- Have a family history of the condition
- Show signs of alopecia before puberty
- Have the condition for periods of more than a year at a time
- Have extensive hair loss
- Have another autoimmune disease
- Are prone to allergies
- Have fingernails or toenails with abnormal coloring, shape, texture, or thickness

TREATMENT OPTIONS

While medical treatments for hair loss have advanced dramatically over the last few decades, there is no true cure for alopecia areata. However, in recent years, we’ve seen continued improvement in treating these rarer forms of alopecia.

Before and 4 months after PRP by Dr. Alan Bauman



The most common treatment for patchy hair loss associated with alopecia is a course of corticosteroid injections into the scalp or skin. Corticosteroids may also be applied topically directly to the affected areas, as is often the case with younger children. PRP, or Platelet Rich Plasma injections, are a non-pharmaceutical treatment option with fewer side effects that have been reported to be successful in some cases, especially when combined with ECM (Extracellular Matrix) for added effectiveness.

Sometimes, these treatments are given in tandem with topical applications of over-the-counter minoxidil. If a less greasy and stronger version is desired, compounded Formula 82M minoxidil may be prescribed.

For those who haven’t been successful with available treatment options and are seeking an alternative to traditional wigs, weaves, hats or scarves, they might want to consider a durable high-quality medical-grade prosthetic hair system called a “CNC.” These cranial prosthetic devices are made with a 3D-printing process to allow each to be custom-fitted to the patient’s scalp and precisely match their skin color, often called a “second skin” or “second scalp.” 100% unprocessed human hair of appropriate color, curl, and length is then meticulously implanted in natural hair growth patterns. Painstakingly handcrafted in Italy and applied with a medical-grade adhesive, they allow patients to shower, shampoo, swim, dance, play sports or even skydive, and to style their hair normally. With monthly service appointments, these comfortable, high-end hair and scalp prosthetics last for years and are virtually indistinguishable from one’s own natural hair, allowing those with extensive hair loss to have a completely full head of hair.

And looking ahead, recent studies are demonstrating that a powerful class of anti-inflammatory drugs called Janus Kinase (JAK) inhibitors are likely to play a crucial role in the treatment of alopecia areata in the future. JAK inhibitors have not only been shown to effectively treat hair loss and stimulate regrowth in alopecia areata but may also be able to stimulate growth in the androgenetic alopecia. More research and studies are currently underway, but this is a promising treatment option for sufferers.



Before and after PRP/ACell by Dr. Alan Bauman



Traction Alopecia before and 4 months After PRP by Dr. Alan Bauman

EDUCATION AND AWARENESS

Even if you've never been affected by the condition, there remains a chance that it could still affect you. As with all hair loss, the best means of prevention is to maintain a healthy scalp, and that is best accomplished by enjoying a good diet, alleviating

stress, and avoiding harsh chemicals or environmental factors that can trigger the immune system.

Perhaps one of the best ways to combat alopecia, however, is through education. The more we understand about the condition, the better we will be able to treat it in the future and to accept it in the meantime.

For more information on alopecia areata, or to learn what treatment option may be right for you, please visit www.baumanmedical.com or call **561-220-3480**.

SEPTEMBER IS ALSO MENOPAUSE AWARENESS MONTH, HERE ARE A FEW TAKEAWAYS FOR WOMEN AT RISK FOR HEREDITARY HAIR LOSS:

- A woman's chance of losing hair after menopause is almost just as high as it is for men at that age, but female pattern hair loss looks different.
- Female hair loss typically causes diffuse loss of hair behind the frontal hairline but it can also cause a less feminine, receding hairline in the temples.
- It's easy to miss the early warning signs of female pattern hair loss – but catching it early is key, as 50% loss can occur before it's noticeable to the human eye. There are a number of effective treatments for female hair loss, but the best results occur when they're started early on.
- Hair loss around menopause is common due to changes in hormone levels and activity, but it cannot be commonly cured with hormone replacement alone.
- Genetic predisposition, unusual levels of stress, hormonal imbalances, vitamin deficiencies, crash diets, medications, styling habits, as well as a history of illness and surgery can also be contributing factors to female hair loss.
- Most women benefit from a combination of pharmaceutical and lifestyle changes in treating their hair loss and thinning. Results are proportional to your level of discipline and compliance with the prescribed regimen and how early you begin treatment.
- Medical treatments to protect and enhance hair follicle functioning may include compounded topical minoxidil Formula 82M, platelet-rich plasma injections, Latisse/Bimatoprost or other prostaglandin analogs, low-level laser therapy, off-label anti-androgens (for post-menopausal women only) and nutritional supplements like Viviscal Professional, Nutrafol Female Core Plus, and pharmaceutical grade biotin.

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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Hair Restoration
for Men and Women
www.BaumanMedical.com
561-220-3480

THE PIQo4 LASER

FOR PHOTOACOUSTIC SKIN REJUVENATION: Big Results with No Downtime!



LASERS HAVE BEEN USED FOR MANY YEARS TO TREAT SCARS, WRINKLES, AGE SPOTS, SUN DAMAGE, ACNE, ETC. ALTHOUGH MANY LASER TREATMENTS CAN PRODUCE FAVORABLE RESULTS, THERE IS ALWAYS A RISK OF SCARRING AND THE DOWNTOWN WHILE HEALING CAN BE SIGNIFICANT. THE COST OF SOME LASER TREATMENTS CAN BE THOUSANDS OF DOLLARS AND MAY REQUIRE TIME OFF WORK TO HEAL. MANY PEOPLE DO NOT HAVE THE MONEY OR THE TIME, HOWEVER THEY MAY BE SEARCHING FOR AN ALTERNATIVE TREATMENT.



WHAT IS THE PICOFRACCTIONAL LASER TREATMENT?

The PiQo4 Laser by Lumenis Aesthetics is primarily associated with tattoo removal. This amazing laser uses photoacoustic sound waves and energy to bust ink into small particles so the body can remove the pigment. These same sound waves can also cause a process called neocollogenesis (new collagen growth) by microscopically stimulating the dermis, which is the live layer of the skin. The photoacoustic waves initiate an enhanced inflammatory healing response resulting in increased production of collagen and elastin. The PiQo4 utilizes nano and picosecond technology which reduces the thermal (heat) damage to the skin during treatment, making it a perfect laser treatment for people on the go!

THE PICOFRACCTIONAL LASER IS RECOMMENDED FOR THE TREATMENT OF:

- Unwanted pigmentation and lesions
- Skin irregularities
- Stretchmarks
- Melasma
- General skin toning and rejuvenation
- Facial lines and wrinkles
- Sun damage
- Surgical, traumatic and acne scarring

AMAZING BENEFITS OF THE PICOFRACCTIONAL LASER TREATMENT:

- **Enhanced Brightening & Collagen Growth**
 - The use of photoacoustics generates an inflammatory response stimulating new collagen growth and skin renewal.
 - This is combined with high energy that reaches deep in the skin layers and shatters multiple types of pigments to achieve brighter skin and an even skin tone.
- **Lower Risk**
 - Treatment with non-thermal (lower heat) energy and PicoFractional technology results in reduced risk of thermal injury/burns.
- **Minimal Downtime**
 - This laser treats tiny areas at a time, leaving surrounding healthy tissue intact and unaffected. This leads to a more manageable recovery.
 - Can resume normal skin care routine and/or wear makeup immediately after treatment.
- **Fast Treatment**
 - Each session takes approximately 10 minutes.
 - Can be performed on your lunch break!
- **Affordable**
 - Each treatment is \$200, significantly less than more aggressive laser treatments.
 - Results are apparent after just one treatment.

JEANNA PARKER is the owner and Nurse Practitioner at Bella Viságe Medical & Aesthetic Rejuvenation. Although she was very impressed with the ability of the PiQo4 to treat unwanted tattoos, she is thrilled with the results of the PicoFractional treatments. There are always clients who may best be served by more invasive laser treatments, but the PiQo4 Laser is by far her favorite laser. The speed of the treatments combined with the amazing results are what make this treatment one of the most popular at Bella Viságe. For a free consultation with Jeanna, call **863-333-0553** or book online at bellavisagelakeland.com.



Bella Viságe
MEDICAL & AESTHETIC REJUVENATION

119 Traders Alley
Lakeland, FL 33801
863-333-0553

bellavisagelakeland.com

pillows for your feet?!

injectables are not just for your face



feet

Are you struggling with foot pain? Wearing fashionable but painful shoes has to be one of the most difficult choices to make in the morning. Many women believe their stilettos and pumps are responsible for causing deformities like hammertoes and bunions. Not true! Many of my older patients ready to have surgery often blame the shoes they wore as young women for the cause. Regardless of the shoes worn, the deformities would develop anyway. That's good news for those of you sporting a closet full of shoes. One thing that is true, the natural shock absorber or fat pad on the bottom of the feet diminishes with age for all of us. Some experience this more than others. This absence of a fat pad can lead to painful callous development which can be very painful.

Welcome Sculptra! Sculptra (Poly L Lactic Acid) is an injectable used to volumize areas of the body. Of course it got its start in the face but works anywhere in the body. It encourages the body to make its own collagen effectively building the shock absorber or fat pad back where you need it the most. It's combined with an anesthetic just prior to injecting to make it more comfortable. Several injections may be necessary but this lasts for a year if not more and is showing considerable promise.

veins

We see a lot of unsightly veins at our office. They are often times responsible for heaviness, cramping and tired legs. This problem effects woman and men alike. It's not just cosmetic either. Some persons can develop debilitating wounds and even run the risk of limb loss in severe cases. Fortunately, that isn't common in the average population. New minimally invasive procedures fix this quickly, painlessly, and in the office. The field is constantly evolving into better less invasive techniques. The treatment is often covered by insurance.

peripheral neuropathy

Numbness, burning, and tingling are just a few of the words I hear used to describe the suffering of those with peripheral neuropathy. Whether you've had chemotherapy, have diabetes or just have with no explanation for its cause. It's becoming so prevalent in the population that I'm starting to think we're missing something. I started paying more attention to this condition when I myself developed it after a traumatic injury. It opened my eyes to how debilitating and painful this condition is. I've tried treating this every way imaginable without much success. The prescriptive medications cause drowsiness and other serious side effects. They have to be prescribed in large dosages and worse yet we don't even know how they work.

TeslaMax to the rescue! I was lucky enough to be included in a trial with my worst patients and boy was I impressed. Persons who haven't had a normal night's sleep in years are now resting comfortably. People that haven't felt the carpet under their toes in years now can. We're seeing great results! It's amazing!

For any information regarding these treatments please call our office or visit our website at www.midflfootanklevein.com.

Meet the Doctor



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.



- Vein Care
- Physical Therapy
- Pediatric Foot Care
- Surgical & Non Surgical
- Wound Care
- Sports Medicine
- Orthotics & Diabetic Shoes

*We are committed to:
Listening, earning the trust and respect of our patients, exceeding patient expectations, providing a compassionate and professional environment, and striving to meet the needs of our patients.*



LAKELAND

203 Kerneywood Street
863-686-1641

BARTOW

510 West Main Street
863-534-3668

PROTECT YOUR HEARING, PROTECT YOUR PASSION

Kevin T. Barlow, Au.D.

WHAT'S YOUR PASSION? From hunting to classic farm equipment to animal rescue, odds are, that which inspires you also gets a little noisy. But just how loud is too loud?



COMMON DANGEROUS NOISE LEVELS

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

HEARING PROTECTION

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





DISPOSABLE EARPLUGS. Inexpensive and easy to use, these foam plugs should be discarded after each use. They're best for things you only do occasionally, such as yearly fireworks shows.

REUSABLE EARPLUGS. For things you do more often that don't require frequent conversation (for example, mowing the lawn), use reusable earplugs. They can be easily cleaned and reused, and they often include a cord so you don't lose them.

MUSICIANS' EARPLUGS. Musicians' earplugs do come in noncustom varieties and are built to let in important sounds but keep out bad sounds. You'll hear the music and your friends, but your ears will be safe from the ear-crushing decibels. These are also good for sports fans — you hear your friends' banter, but you're safe from the hearing-damaging sound swells during big plays.

CUSTOM GENERAL EARPLUGS. You can only get these through a hearing care professional. They're better at keeping out harmful sounds because they're built from a mold of your ear. These are an excellent choice for hunters, farmers, and others who are around loud noise frequently.



CUSTOM MUSICIANS' EARPLUGS. These are ideal for those who have loud professions but also need to speak to others and hear environmental sounds, for example, professional musicians and construction workers.

EARMUFFS. These fit completely over the ear. Soft, padded cups are ideal for air circulation, and they're available in foldable, easy-to-carry styles. These are recommended for young children because they're safer and easier to use.

COMBINATION. For added protection, use both earplugs and earmuffs.

At Winter Haven and Ridge Audiology we offer a 75 day trial, and carry all the major manufacturers. Call our office at (863) 594-1976 to schedule a complimentary hearing screening and consultation. We hope you will allow us to get you on the road to better hearing.

IAC Acoustics. Comparative Examples of Noise Levels. <http://www.industrialnoisecontrol.com/comparative-noise-examples.htm>. Accessed June 11, 2018. Coppola CL, et al.

Noise in the Animal Shelter Environment: Building Design and the Effects of Daily Noise Exposure. *Journal of Applied Animal Welfare Science*. 2010;9(1):1–7. ASHA.

Recreational Firearm Noise Exposure. <https://www.asha.org/public/hearing/Recreational-Firearm-Noise-Exposure>. Accessed June 11, 2018.

CALL TODAY to schedule your appointment 863.594.1976

**Winter Haven
Audiology**

510 1st St S | Winter Haven

**Ridge
Audiology**

704 SR 60 E | Lake Wales

WinterHavenAudiology.com

**AUDIGY
CERTIFIED**



PERMANENT MAKEUP FOR MEN

THE ART OF ENHANCING MASCULINE FEATURES WITHOUT THE APPEARANCE OF WEARING MAKEUP

Who said that the use of cosmetics and/or having facial cosmetic treatments is something exclusively reserved for women? It is natural for men and women to want to look their best by taking care of ourselves in every possible way. This is not just normal, but a very important characteristic of a healthy self-esteem and lifestyle.

Facial cosmetic treatment is an increasingly popular social tendency that explains why nowadays not just women, but also men, are interested in matters of skin care, esthetic treatments and cosmetic procedures. One of those cosmetic procedures is Permanent Makeup (PMU) or Cosmetic Tattooing.

Despite having been around for more than a century now, Permanent Makeup became very popular in the last decade. This is mostly due to social media's power of viral marketing and trend setting. As a result, many thousands of women in America in the last 5 years have gone through some kind of PMU procedure. It is now to the point that having microblading eyebrows, permanent eyeliner or permanent lips makeup is considered normal among the female population. But what about the male population? Is it normal for men to have permanent makeup done? The answer is no. In this article we will discuss the reasons for

this and also the potential benefits of permanent makeup for men.

If we consider that the permanent makeup industry has focused its attention and marketing on women, and that one of the most frequently used arguments by cosmetic tattoo artists is "Permanent makeup makes it possible for you to enjoy permanently flawless makeup", we begin to understand why men are not really interested in PMU. Most men don't want to have flawless makeup, much less if it is permanent. At least 95% of my PMU clients are women, and most of the male clients that consider a facial enhancement or correction through PMU are usually very concerned about getting a feminine appearance as result of the procedure. I can tell you that, unless you specifically ask for intense pigmentation or feminine looking enhancements, your results will not affect your masculine appearance. Indeed, it will improve it.

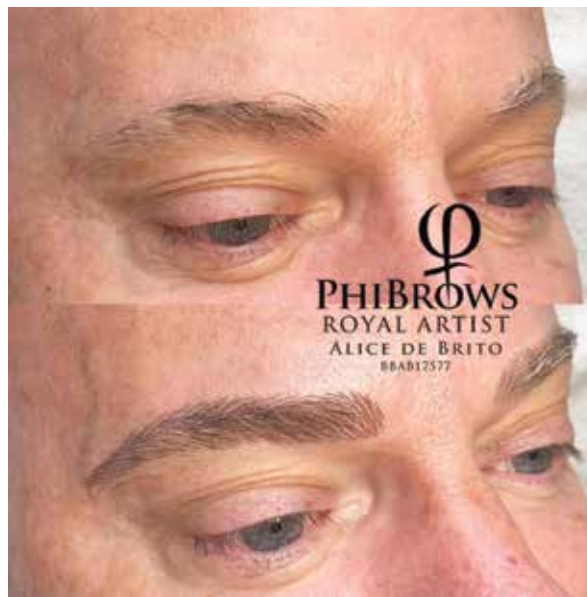
But what kind of Permanent Makeup treatments can be done for enhancing the masculine appearance? Basically two kinds of treatments: corrective treatments and enhancing treatments. One of the corrective treatments available is micro-pigmentation, useful to camouflage scars on eyebrows or lips. It also has the possibility of correcting asymmetries between eyebrows, between both lips, or both sides of one of the lips. Another possibility is lips color correction for cases of brown or purplish lips.

Regarding male features enhancement, PMU offers the possibility of recovering or creating the appearance of dense eyebrows for those men that have sparse eyebrows or need more density in eyebrows heads or tails. It is also possible to enhance the color of dense, but too light colored, eyebrows or lips. We can even create the appearance of a denser lash line by softly tattooing in between the lashes; this is a treatment that gives a more defined frame to the eyes when men have sparse or too light eyelashes. Finally, we can create a natural looking lips definition for men whose vermillion border (lips contour) and lips color are too light, giving them a constant pale, sickish appearance. All of these treatments can also be performed for men that have lost their facial hair (eyebrows and eyelashes) and or lips pigmentation due different illnesses or cancer treatments.

And let's not forget all the wonders of scalp micro-pigmentation, that we discussed in a previous article, which helps correct hair density loss for men suffering from a receding hairline, or partial or total alopecia.

Permanent makeup for men is not designed to provide the appearance of having makeup on, but to bring natural color and definition to the features, and for recreating or correcting them when needed. The final overall result is a younger, more energetic and appealing appearance.

Now if Permanent Makeup sounds like something that strikes your fancy, do a thorough research about the practitioners in your area. Schedule consultations with the ones that you think that might be best, ask them about their credentials and experience and request to see their portfolios with pictures of their male clients before and after treatment. Once you choose your artist, follow their instructions for before, during and after treatment. Just let me add a word of advice; be ready to become addicted to permanent makeup because once you see the results that you can get, you will be a fan!



Microblading for density enhancement



Microblading for Alopecia Via Veronica Lincute



Lash line enhancement



Lip shape and color correction



Lash line enhancement



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!



335 Doris Drive, Lakeland, FL 33813

863-738-9328

 MiBella.DermaStudio

Thank you!



Your CBD Store[®]

Lakeland & Winter Haven: Why Their Products are a Step Above the Rest

Your CBD Store in Lakeland and Winter Haven
relies on SunMed due to their high-quality, organic and sustainable products.

Topical Relief Cream

When it comes to local relief (targeted areas of the body), topicals are the most common go-to CBD products-and SunMed CBD Topical Cream can provide fast relief due to a combination of a MSM base and use of our formulation technology that does not use waxy delivery methods. This will aid in quick absorption through the skin and reach ECS receptors. Topicals are meant for localized relief and is applied to the skin to aid in relief of both pain and inflammation of joints.

MSM-or Methylsulfonylmethane-which makes up part of the base of SunMed Topical Cream is a chemical found in green plants, animals, and humans; and has been researched as an anti-inflammatory agent. Since MSM is easily absorbed by the skin it is often used to increase the body's absorption of other medications-in this case the other medication is SunMed CBD Oil and peppermint essential oil.

Combining MSM, which has also been looked at as a possible benefits for pain relief in arthritis patients, with the anti-inflammatory and pain-relieving effects of both CBD and peppermint essential oil, this cream is intended to provide strong pain-relieving effects. With the high absorption rates of both MSM and our CBD it is unlikely to find a faster absorbing, faster relief than any other CBD topical creams on the market.



Tinctures

SunMed Broad Hemp Oil Tinctures are made with the highest quality, organically grown hemp that comes from Denver, Colorado and is registered with the Colorado State Department of Agriculture. The Phytocannabinoid-Rich (PCR) hemp has a naturally high CBD level, as well as an abundance of other beneficial cannabinoids (CBG, CBN, and CBC), flavonoids, terpenes, and essential amino acids.

This is not a CBD isolate tincture; it is a high-CBD broad spectrum hemp oil, without the THC. By extracting the THC, patients can gain the same benefits of a full spectrum formulation without the THC.

Your CBD Store of Lakeland & Winter Haven

At Your CBD Store, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers' needs in mind, using other cannabinoids and terpenes, creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you; the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store is moving plant medicine to the 21st century.



YOUR **CBD Store**[®]

Your CBD Store Winter Haven

5692 Cypress Garden Blvd
Winter Haven, FL 33884
(863)268-6864

Your CBD Store Lakeland

3145 S FL Ave.
Lakeland, FL 33803
(863) 937-3195

CBDrx4u.com

TESTIMONIALS

Very personable and knowledgeable staff. They take the time to answer all of your questions. Most definitely recommend. – Necole H.

Just went in for the first time. Beautiful store and very friendly and helpful staff. Will be my CDB store. – Nikki H.

Extremely friendly and informative staff. Great experience and atmosphere. – Ivan E.

Had the chance to chat with Jess about the CBD pet treats! Jess is super knowledgeable about the products they carry! I will definitely be back! – Megan M.

If you can't be in Colorado to get the real stuff, you can get the second best which is just as real and this is a great store very calming really sweet people that work here nice products variety and it's going to help me sleep so much better and get rid of this high anxiety. – Joan L.

The owners are top notch!!! SunMed CBD has changed my life and I couldn't imagine ever going without it again. – Courtney G.

Disclaimer: *The statements have not been evaluated by the Food and Drug Administration. The products are not intended for the cure, diagnosis, mitigation, treatment, or prevention of disease in man or animal.

RELIANCE MEDICAL CENTERS shows how being involved in community organizations and initiatives has a positive impact on health outcomes for older adults – specifically fall prevention.



We talk to Dr. Carlos Romero and Tasha Saca to learn how Reliance Medical Centers gets involved and how their collaborations benefit both their patients as well as the community.



Q: "When did Reliance Medical Centers get involved with the community?"

A: "Reliance Medical Centers has always prioritized getting involved in community organizations. We believe it is vital to contribute to public health because everyone benefits, including our patients."

Q: "What type of organizations do you get involved with?"

A: "We are currently involved in many community organizations and initiatives that focus on older adults. For example, we are a Founding Friend of Age-Friendly Lakeland. We are also involved with Better Living for Seniors, the Echo Project and PACT study through the Alzheimer's Association and the Coalition on Injury Prevention, to name a few."

Q: "Can you give me an example of how working with these groups impacts public health to decrease falls?"

A: One example is where we noted on the Annual Action Plan of the Coalition on Injury Prevention: Falls Taskforce that more Bone Builders instructors and classes were needed in the community. We had our Activity Coach certified to teach and now offer two full classes a week in the Reliance Wellness Club. We are very proud to say that two of our patients from the class are on track to be certified Bone Builders Instructors as well!

Q: "The Coalition for Injury Preventions sounds interesting. What does it do and how is Reliance involved?"

A: "It's a group that provides injury prevention education and resources designed to positively impact the community by utilizing partnerships, effective communication, and support of community events. We are specifically involved with the Fall Prevention Taskforce."

The Fall Prevention Taskforce reviews data and statistics from ourselves and Lakeland Regional Hospital. The data shows us the types of falls that are causing injury in our community, and we can also identify what demographics are most at risk. From this, we can come up with initiatives to help prevent people from falling. The data also shows us which efforts work best so that we can refine programs and develop new ones.

Reliance Medical Centers was invited to join the taskforce because of our specialization in older adults. The demographics clearly show that they have the highest fall risk, prone to more severe falls and on average take much longer to recover from falls. In fact, one bad fall can have a long-lasting negative impact on an individual's life. We find prevention programs certainly make a difference.

Q: "Can you explain the sorts of fall prevention initiatives you have implemented?"

A: We developed the 'Living With...' series; a series of guides that contain medical and educational information that's made available to the community, intended to assist in understanding and managing chronic conditions/diseases. We dedicated one of these guides to fall prevention, called Living with Increased Risk of Falls (IRF). When creating the content, we went to great lengths to ensure it would be a practical tool designed for older adults and their families. It explains risk factors, preventative measures and what to do in the event of a fall.

We have also implemented a range of activities at our Wellness Club designed to decrease fall risk and made them available to the public. For example, we have Bone Builders and Tai Chi. Bone Builders has become our most popular by far. It runs every day of the week! In this class, we teach exercises that help build muscle mass and bone density. In Tai Chi we also build bone density and muscle mass while gaining balance and coordination.



Also popular is our Mindful Meditation class; this class benefits our patients by teaching them to be present and aware of their surroundings. They learn to be more conscious of their surroundings outside of class, which helps avoid incidental slips or falls that can occur from not paying attention to your environment. Another popular activity is our 'Cooking with Kay' class that supports fall prevention because the recipes are high in nutrients like Vitamin D and Calcium to maintain bone density.

Q: "How do you know that the work that you are doing is having an impact and preventing falls?"

A: "We keep track of our patients' progress; this allows us to compare their baseline from before they take any classes to after taking classes, and we can see the improvement. Also, our patients actively report specific instances where they have been able to prevent a fall due to what they have

learned with us. The programs truly make a positive difference.

Q: "How do you get people to attend these classes?"

A: Our doctors recommend different activities that we offer at the Reliance Wellness Club. We even created Wellness Club "prescription pads" where our doctors "prescribe" Wellness Club classes, making patients accountable and more likely to attend classes.

The effort that Reliance Medical Centers makes to be involved in community organizations indicates how they truly value a holistic and preventative approach to health and wellness for older adults. Their successful integration of strategic partnerships allows them to give their patients the best, most innovative care while simultaneously contributing to the community.

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



Complete Foot, Ankle, and Vein Care for All

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

Our podiatrist, Dr. Gabriel Delgado, can treat all foot problems and even performs in-office surgeries.



Dr. Gabriel Delgado
Se Habla Espanol

- Podiatry
- In-Office Procedures
- Neuropathy
- Vein Care



Lakeland Office
203 Kerneywood St.
Lakeland, FL 33803

Bartow Office
510 West Main St
Bartow, FL 33830

863-686-1641

midflfootanklevein.com



Your CBD Store®
Lakeland

10% OFF
WITH THE MENTION OF THIS AD



Now Open!

Lakeland
3145 S FL Ave.
Lakeland, FL 33803
Lakeland.CBDrx4u.com
(863) 937-3195

*These statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before use. For use by adults 18+.

LICENSED MEDICARE CONSULTANTS — HELPS NAVIGATE YOU THROUGH MEDICARE'S CONFUSING MAZE



Getting the most from your health plan is important to many seniors, but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status.



Medicare can be confusing: **Licensed Medicare Consultants** of Palm Beach, offers their clients the most comprehensive plans to suit their personal needs, and assists them every step of the way.

It is essential to review your benefits each year between October 15th and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll, or change your plan. This timeframe is referred to as the Open Enrollment Period (OEP).

WHAT DO I NEED TO KNOW ABOUT MY MEDICARE OPTIONS?

Medicare is a sophisticated system – maneuvering your way through the intricacies is the tricky part. You’ll want to have the best coverage based on what your income will allow.

MEDICARE HAS SEVERAL PARTS:

- Part A (Hospital)
- Part B (Physician & Out-Patient Services)
- Part C (Medicare Advantage Plan)
- Part D (Prescription Drug Coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services.

At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B, and sometimes Part D coverage. This is similar to PPO & HMO plans, which have copays or deductibles instead of the 20% balance that

Medicare does not cover. The benefits depend upon the policy you select.

SPECIAL ENROLLMENT PERIOD (SEP)

Whether you’re moving out of state or making a town move, there are opportunities to change your plan or to enroll in a new plan if necessary. Special Enrollment Period allows you to change your policy outside of the Open Enrollment Period. Typically, you have 60 days to change your plan if you move. This will enable you to either keep your existing plan or enroll in new coverage.

Having an experienced agency guide you through this intricate process is ideal so that you and your family are certain not to be left without coverage. Flown.

Because this is the season for open enrollment, it’s critical to review your plan and to seek help if you’re considering making changes to an existing plan.

Regardless of Open Enrollment and age restrictions, those that already carry a supplement plan can choose to change their plan at any time, and there are options to try and save money on those plans.

Avoid the puzzling conundrum and call Licensed Medicare Consultants today. No matter what type of insurance you are looking for, they’ll guide you each step of the way to get you the best plan that fits your needs.

Call **866-300-3520** or **561-277-6846** to find out more.

LICENSED MEDICARE CONSULTANTS
toll free # **866-300-3520** • local # **561-277-6846**

Have you got your **Personal Medical Concierge** yet?

To get yours immediately, call us now on **888-414-1413**

Meet Jessica. She could be your PMC

Reliance
MEDICAL CENTERS
what healthcare should be.
Lakeland | Winter Haven
RelianceMedicalCenters.com

A personally assigned medical concierge is your gateway to continuous priority healthcare.

Interested in becoming a Sales Representative?

Necessary Skills and Experience:

- Above average computer skills
- Business to business sales experience
- Self managed and disciplined
- Ability to work independently
- Commission sales experience
- Genuine interest in our industry

Advertising sales experience is preferred!

If interested or have questions, feel free to contact
Sybil Berryman at 239-250-4104

Health & Wellness MAGAZINE



“CUT” YOUR TUB?

WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY

ONE DAY BATH’S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

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

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

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

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

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



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

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

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



The Tub Cut Company
866-927-8247
Paul@tubcut.com

www.southfloridatubcut.com



One Another

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**

- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



19-SYSTEM-07563

Florida's #1 hospital is now in Polk County.



Heart of Florida and Lake Wales Medical Center are now AdventHealth!

We're proud to be part of Polk County's vibrant communities.

Here's to a healthy step forward with the convenient access to the #1 hospital network in Florida, including convenient emergency and urgent care and primary and specialty physicians to treat the whole family.

AdventHealthPolk.com



AdventHealth
feel whole.™