

CENTRAL FLORIDA'S

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

October 2019

Polk/Brandon Edition – Monthly

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Please see article on page 10

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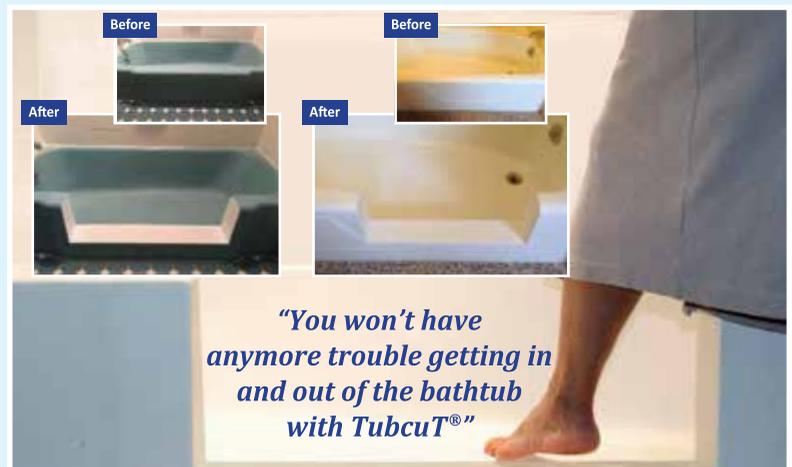
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# PAIN MEDICINE INCORPORATED

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### 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
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## 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](http://AdventHealth.com) or [Facebook.com/AdventHealth](https://www.facebook.com/AdventHealth).



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## Brandon Stem Cell Clinic

was created out of co-founder Leesa Polley and her family's pain. Leesa lived a very active lifestyle with her husband Chad and was extremely involved in her 7-year-old daughter's life and education. That all changed though more than two years ago when Leesa had an extreme flair up of Hashimoto's Disease. Her independence was taken from her when she began having severe joint pain, food sensitivities and worst of all – almost complete loss of energy. For over 18 months she was bedridden and could no longer perform even the simplest of tasks such as bathing herself, using the bathroom unassisted, or merely watching her daughter alone.

Following a chance discussion with a family friend, Leesa and her family made the decision to put their faith into stem cell therapy. She was shocked at the ease of the procedure, which utilized stem cells that were donated from umbilical cord blood from a live, healthy birth. Within five minutes of treatment and a Band-Aid later, she was on her way toward recovery. Within a matter of days she was able to leave her wheelchair for a walker. Today she happily walks around unassisted in her heels with a new lease on life!

**"I promised myself if I ever got the keys to my life back, I'd do everything in my power to help others heal too," says Leesa.**

Today, Brandon Stem Cell Clinic helps people heal from a wide array of diseases and injuries:

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



Here is Leesa in 2017 having to use her walker.

### - Carpal Tunnel

Stem cells give rise to every cell and tissue in the body when a baby is conceived. These cells then remain within the body throughout a lifetime. Stem cells are the basic building blocks of human tissue and have the ability to repair, rebuild, and rejuvenate tissues in the body. When a disease or injury strikes, stem cells respond to specific signals and set about to facilitate the healing process by differentiating into specialized cells required for the body's repair. They release healing growth factors in response to a distress cell signal in an injured or pathologic area of the body.



Now here is Leesa in late 2018 walking in heels without a walker.

*Today she happily struts around unassisted in her heels with a new lease on life!*

The stem cells used by Brandon Stem Cell Clinic are taken from donated umbilical cord blood and go through a rigorous screening process before being used in treatments. For more information, and upcoming webinars & seminars near you visit their website at [www.BrandonStemCellClinic.com](http://www.BrandonStemCellClinic.com).

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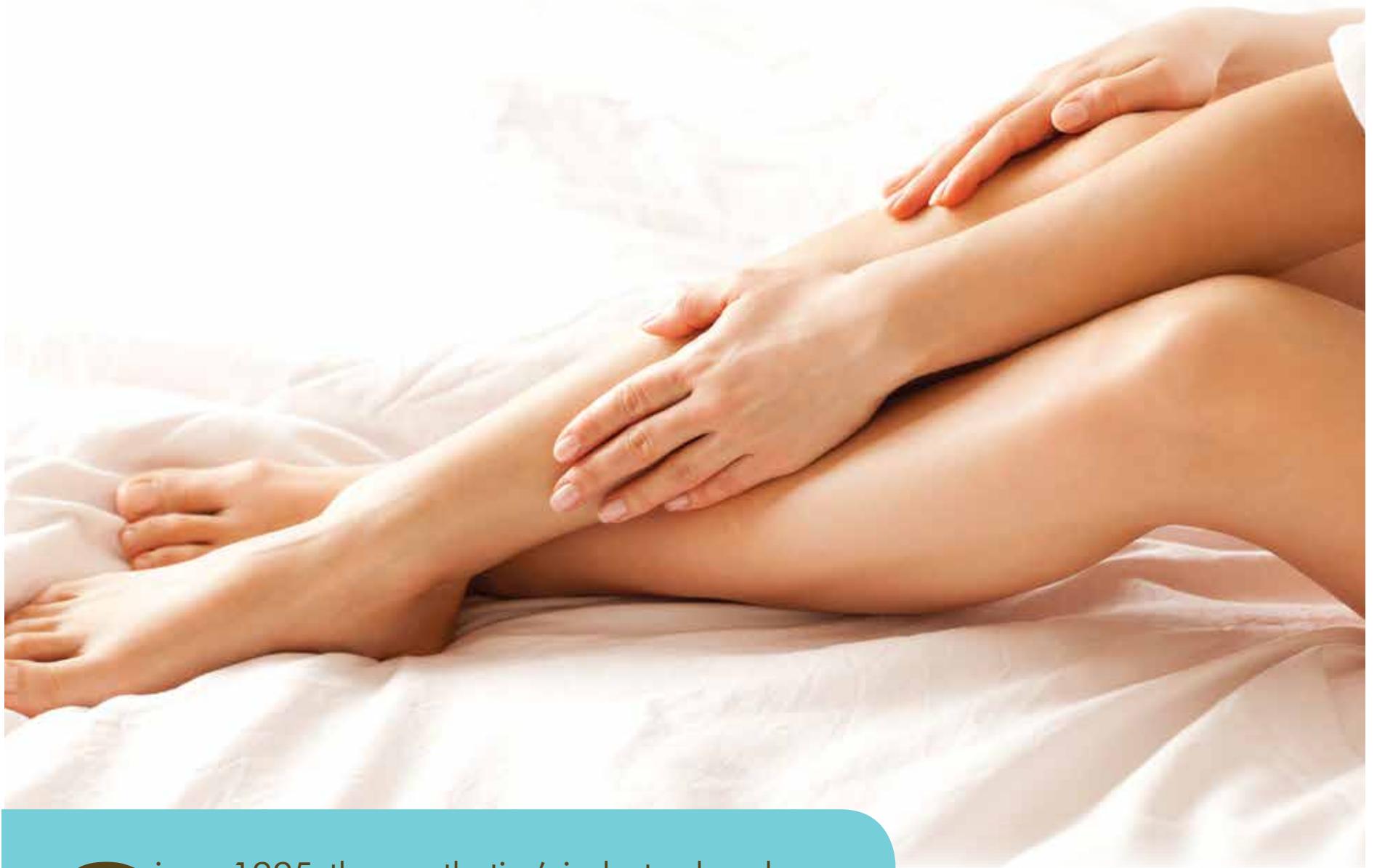
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# The Latest technology in **LASER HAIR REMOVAL**



**S**ince 1995 the aesthetics' industry has been using lasers for the removal of unwanted body hair. The process of laser hair removal continues to improve. The latest technology was released a few months ago and it's a game changer. Meet the Splendor X by Lumenis.

**A**s you might know, laser hair removal can be painful, messy, and ineffective. The Splendor X can use both the Alexandrite 755nm and the Nd:YAG 1064 wavelengths at the same time. While some companies have 2 wavelengths on their device, it is either one or the other, and not a synchronized output. The benefit of the blended laser technology is that we can effectively treat a wide range of skin types and color from very fair like Nicole Kidman to very dark like Wesley Snipes.

**Square Footprint:** The pulse from the laser is uniquely square. This overcomes the uneven treatments which are inherent in the typical circular pattern. With the circular footprints there will be potential for skipped areas and/or over-treated areas from overlapping pulses.

**Double Cooling System:** The Splendor X uses both integrated Zimmer Air Chilling as well as a chilled tip to doubly ensure a safe treatment. By chilling the skin surface, the laser will preferentially heat into the deeper dermis where the hair follicles are and is less likely to be attracted to skin pigment. This means that there is reduced risk of burning or post-treatment inflammatory hyper or hypo pigmentation.

**Highest Speed:** Improved speed is another of the major attributes of the Splendor X. With the Splendor X, we can now treat large areas, such as an entire back, in about 6 minutes with increased safety.

**High Power:** There is higher power than most lasers with the Splendor X – 75% more – 7 Kw vs 4 Kw. Higher power equates to more efficient treatments, more results, less sessions needed. The SPlENDOR X is the next generation in hair removal and truly expands our offering in this category,” said Tzipi Ozer-Armon, CEO of Lumenis. “As with all our products, and this one specifically, we look not only to build technology, but also to create, design and inspire confidence for our customers.”<sup>1</sup>

Bella Viságe Medical Rejuvenation is a Lumenis Center of Excellence and offers over 42 laser based services on several different laser platforms. We caught up with owner Jeanna Parker, who is also a Nurse Practitioner. She explained why it is essential to provide this technology for her clients.

“One of the reasons that we decided to add hair removal as a service is that our clients are asking us to perform this service for them. There is competition in the market; however, we provide a very unique experience at Bella Viságe, and this is another way to improve that experience. The Splendor X is a revolutionary hair removal laser. The technology is new and will provide better, safer, more effective hair removal. The Splendor X leaps to the front of the line with its innovative blended wavelengths, square footprint, and lightening speed. Patients can be confident they are receiving a highly effective, comfortable, and quick hair removal treatment.

“It is exciting for us because I understand the technology behind it and how it will benefit the client who is seeking hair removal. We are the first medical spa in Florida to purchase this new technology so, we are very thrilled to add this service.”

“First and most importantly is the square spot treatment, both in shape and in size.

The square technology allows for optimal coverage of the treatment area and is also the largest spot size in the industry. This allows for a much faster, more accurate treatment and we can customize the treatment for each client. The Splendor X can also treat vascular and pigmented lesions as well as rejuvenate skin with no downtime”.

“Another benefit of this laser is that it truly is dual laser technology. There is no other hair removal laser that exists that combines two lasers firing in one pulse at the same time. This means that any skin shade, from fair to very dark can safely be treated.

“Lastly, and possibly more important to the client, is the fact that this laser does not hurt. In the past, laser hair removal has been very painful; this laser has changed the game in that the client can remain comfortable during this quick procedure.”

Bella Viságe offers high-end medical rejuvenation services, world-class aesthetics, and luxurious massages in a unique, historic spa in downtown Lakeland. They put great thought and planning into every detail of the spa from the décor, technology, products and the types of services offered. Bella Viságe is owned by Mark & Jeanna Parker and is in its 4th year of operation in downtown Lakeland.



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[refresh@bellavisagelakeland.com](mailto:refresh@bellavisagelakeland.com)



**References:**

<sup>1</sup> Aesthetics, “Lumenis Introduces New Laser Hair Removal Solution, SPlENDOR X, at the 2018 American Society of Dermatological Surgery (ASDS)”, 2018, [www.Lumenis.com](http://www.Lumenis.com)

# SPIDER VEINS

## Treatment and Causes



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

**U**nderlying vein disease can be the cause of your spider veins and that’s just the tip of the iceberg. Some people complain of warmth or discomfort and even pain over spider patterns. It is important to be evaluated by a vein specialist to determine if you have a medical issue causing the spider veins. Treatment of the underlying vein disease is covered by most health insurances however, the treatment of the superficial blue, red and purple spider veins is a cosmetic issue.

### WHAT’S CAUSING YOUR SPIDER VEINS?

Many factors can contribute to the development of these unattractive veins. Gravity’s long-term strain on our bodies is the main reason vein disease develops. Veins are responsible for returning blood back to the heart, but our blood’s uphill path against gravity makes this tough. Some factors can be avoided or improved, but many of these are out of your control:

- Heredity
- Hormones
- Pregnancy- risk increases with each pregnancy
- Surgery/Trauma
- Occupation

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

### TREATING YOUR SPIDER VEINS

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

Stop hiding your legs because of spider veins. Don’t wait to get your spider veins evaluated. Treatment to eliminate the embarrassing webs of blue, red and purple veins can be started immediately.



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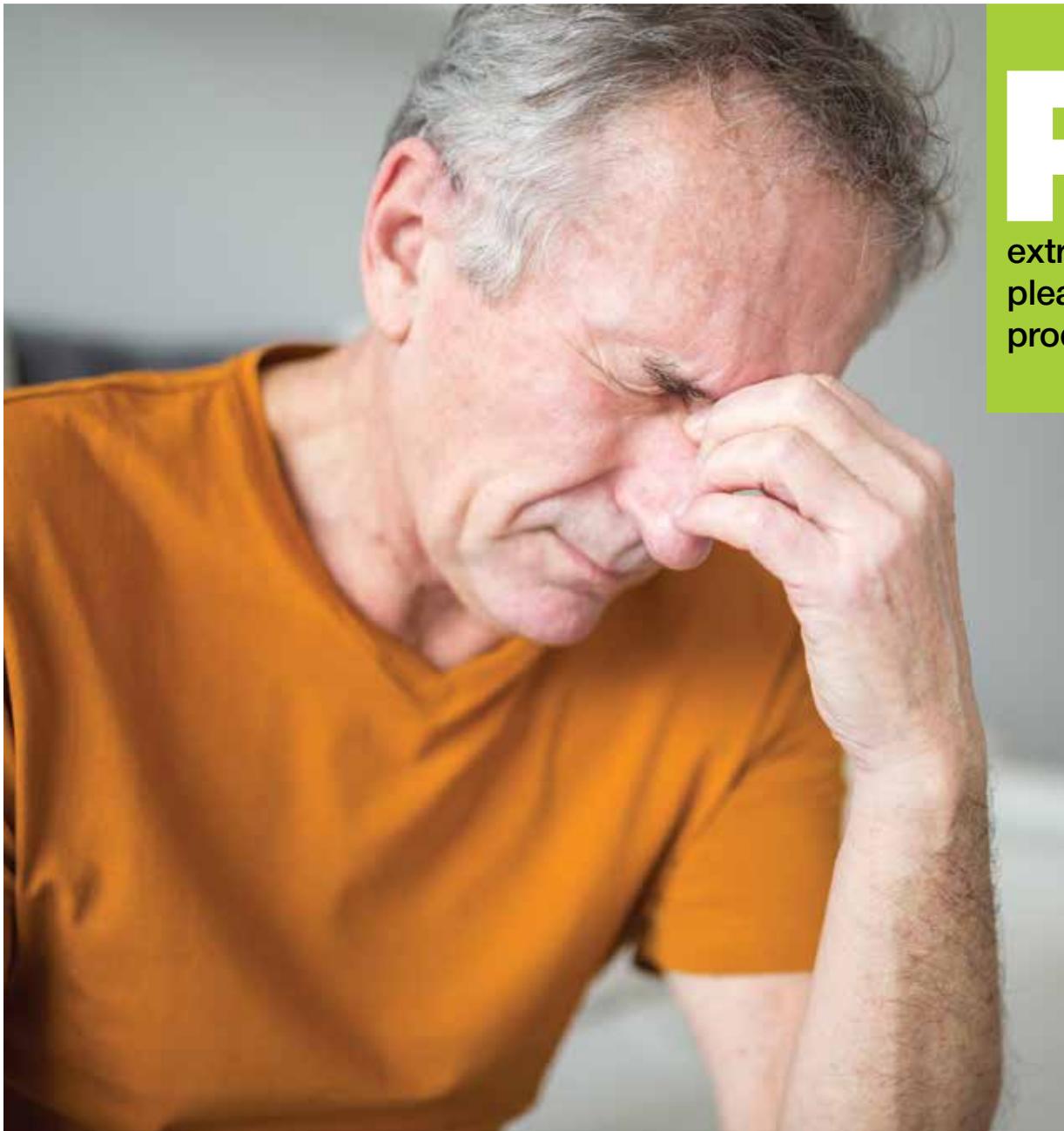
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# Pain Management and Relief Improving Quality of Life & Happiness



**P**ain is the first and foremost symptom of all ailments and it completely overwhelms life and makes basic daily living extremely difficult let alone pursuit of pleasure, quality family time or being productive at work

When pain becomes chronic, agonizing and debilitating it becomes a full day of work in itself. It steals, your pleasure, your family, your life and finally yourself from you. It can cause individuals to lose out on all the important events, on their morning, their evening, days, weeks, months and years of life.

The statistics are overwhelming. Three out of every ten Americans are suffering from chronic pain, thus millions of individuals suffer from chronic pain. Since pain and it's management is still an enigma and seeking relief from it a taboo, most individuals suffering from chronic pain fail to get diagnosed, managed, and relief. Physicians trained in the field of pain management are few and far between. The field is flooded with unskilled and inexperienced medical care individuals.

Dr. Khan, a local physician in practice in Lakeland for the last twenty-two years specializes in pain management and has established an expertise in diagnosing, managing, and relieving pain.

## Common Pain Issues diagnosed & 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



## 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.

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# HEART HEALTH HELPS HEARING HEALTH

Kevin T. Barlow, Au.D.



**Y**OU'RE PROBABLY FAMILIAR WITH HEARING PROTECTION FOR ACTIVITIES LIKE FOOTBALL GAMES, HUNTING, OR EVEN MOWING THE LAWN. BUT THERE'S ANOTHER METHOD OF PROTECTING YOUR HEARING THAT MIGHT SURPRISE YOU — MAINTAINING YOUR HEART HEALTH.

## HOW ARE THEY CONNECTED?

Simply put, the better your blood flow, the better your hearing. Let's look at why.

## THE HAIR CELL

Your inner ear has hundreds of tiny, hair-like structures called hair cells. They capture sound, translate it into nerve signals, and send them on to the part of your brain that interprets sound. These cells thrive on oxygen from the tiny blood vessels that run through your inner ear.

But an unhealthy heart has trouble getting blood to your inner ear. Without enough oxygen, your hair cells begin to breakdown. Fewer working hair cells means less sound information reaches your brain. The result? Hearing loss.

## THE IMPORTANCE

The connection is strong. It's now recommended that heart attack patients get a hearing test ASAP to catch any hearing loss early. And in an article in *The Hearing Journal*, Dr. Raymond Hull has urged that every hearing care patient's history include detailed information about heart health.

## KEEPING YOUR HEART HEALTHY

Simple ways to improve heart health abound. Here are just a few easy things you can do to make your heart happy.



**GET UP, STAND UP**

Sitting down all day is unhealthy. In fact, sitting for long periods has been linked to heart disease. Simply stand up occasionally — it does more than you realize. It isn't about getting enough exercise: According to Dr. Erin Michos, associate director of preventive cardiology at Johns Hopkins, "Even if you're doing 30 minutes per day of physical activity, it matters what you do the other 23 hours of the day." Dr. Michos finds opportunities every hour to get up and move. For example, asking a colleague a question in person rather than by email.

**A RAINBOW AT EVERY MEAL**

To lower your risk of heart disease, the Heart and Stroke Foundation of Canada recommends 7 to 10 servings of vegetables and fruit every day. Most are low in calories, fat, and sodium, and many are rich in vitamin C or beta-carotene, which combat plaque buildup in your arteries.

**EMBRACE HEALTHY FATS**

Cutting out all fat is not the way to go. Your body needs certain fats. Per the American Heart Association, limit saturated fats, load up on unsaturated fats, and eliminate artificial trans fats, hydrogenated oils, and tropical oils. What does this look like in practice? Add fish and avocado to your diet, eat nuts in moderation, and switch out your go-to oils for those low in saturated fat, such as olive or sesame oils.

The body's different systems are connected in surprising ways, and researchers are constantly finding new ways that overall health affects hearing health. If you or someone you love is a heart patient, call us today to schedule a hearing evaluation!

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# Do You Have Ingrown Toenails?

## Appropriate & Adequate Treatment is Essential



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

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

### What causes ingrown toenails?

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

### Risk factors for an ingrown toenail include:

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



### Symptoms of ingrown toenails

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

### Treatment Options

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

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

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

### Podiatry

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

Mid Florida Foot, Ankle & Vein Clinic provides pain-reducing, comprehensive, cutting-edge treatment. Their podiatrist, Dr. Gabriel Delgado, can treat all foot problems and even performs in-office surgeries. Rest assured you'll get patient-focused care from their highly skilled and compassionate staff.

To find out more, or to schedule your appointment, please contact Mid Florida Foot, Ankle & Vein Clinic today.



**Dr. Gabriel F Delgado FACFAS**

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



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# INNOVATION IN HEALTHCARE:

## Reliance Medical Centers adds Dr. Aryn Harrison Bush to their team to champion a brain health and cognitive research and diagnostics division



Dr. Aryn Harrison Bush

**W**e talk to Dr. Harrison Bush to find out more about her role at Reliance Medical Centers and how her position will lead to better healthcare and wellness for older adults.

**Q: "Why has Reliance chosen to integrate brain health and cognition into their primary care facility?"**

**A:** "This is a ground-breaking addition by Reliance. Primary care clinics commonly focus on the physical and pharmaceutical aspects of a person's healthcare. For example, when a person goes for an annual checkup, general tests to check basic health are conducted, e.g., listening to the heart and lungs, taking blood pressure, running blood tests, etc. These types of tests are effective for indicating a person's general physical health, but they provide only a limited snapshot. We will go above and beyond traditional testing by offering thorough brain health and cognition screenings using more sophisticated techniques that are typically not used to examine cognition in primary care.

Typically brain health and cognition are examined by a specialist once symptoms have become pronounced. Considering dementia, there are between fifty and one hundred identified causes of dementia—some of these causes of dementia are reversible and can be treated effectively in primary care. However, in cases that will likely progress over time (i.e., neurodegenerative), by the time a specialist has examined a patient, the disease is often in the moderate stages which can impact a patient's long-term health outcomes. Screening one's brain health and cognition before symptoms appear or at the earliest indication of impairment can enable us

to identify the onset of certain conditions early, so reversible conditions can be properly addressed or therapeutic actions can be taken."

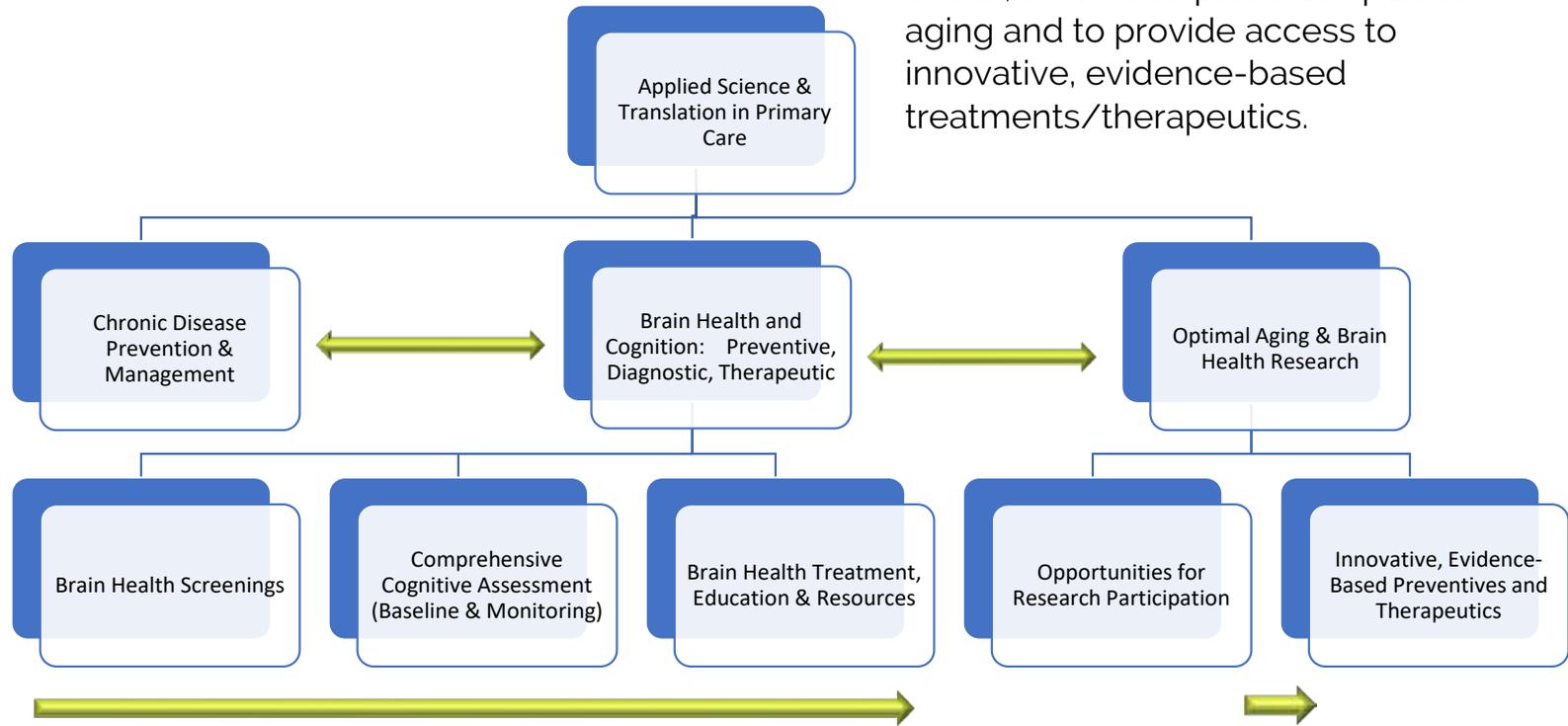
"Identifying early cognitive impairment enables us to more thoroughly examine the etiology, and recommend appropriate lifestyle changes or other treatments that can improve the patient's overall health outcomes. Early detection deliberately ties in with the Reliance Wellness Club, which offers a wide range of engaging and enriching activities and programs that support brain health and cognition.

Brain health research including lifestyle factors, risk reduction, and prevention have increased substantially, and part of my job is to stay up to date on all that is going on in the field so that I can ensure Reliance remains a leader in providing unparalleled care to older adults, especially when it comes to optimal aging, mild cognitive impairment, Alzheimer's disease, and related dementias because research indicates that these conditions are most feared by older adults."

**Q: "Are there other benefits to having advanced notice of these types of conditions?"**

**A:** "Absolutely, even with the early diagnosis of an imminent degenerative cognitive decline that is not reversible, it can still help us avoid a crisis for a patient and their family. We support the patient and family by offering programs created specifically

To be the bridge that translates research to innovative action, interventions and treatment of older adults, in order to promote optimal aging and to provide access to innovative, evidence-based treatments/therapeutics.



*Taking Research & Science into Action*

for individuals and their care partners (e.g., spouse, friend) who are recently diagnosed and in the early stages of degenerative cognitive impairment. We also provide, in partnership with the Alzheimer's Association, training for the caregiver. We introduce the patient to programs and techniques that may help ease some of the uncertainty that often accompanies receiving a cognitive impairment or dementia diagnosis. We ensure that the patient's treatment plan and medications are discussed, and we ensure that what matters most to the patient is understood by their care team. We provide valuable access to specialists at an earlier stage, so any questions and concerns are addressed.

We ensure the patient and their family comprehend the impact of the condition in advance and are well equipped before a crisis occurs. There are so many ways that we can improve the overall health outcome with early detection that will give peace of mind to patients and their families."

**Q: "Are the research programs and screenings only available to Reliance patients?"**

**A: "No! Brain health screenings and the opportunity to participate in research trials (pending eligibility) are available to any older adult in the community. Reliance is committed to providing services and support accessible to everyone."**

What stood out in my mind during the interview is the fact that I have heard many primary care clinics talk about having a 'holistic' approach to healthcare and yet have no capability to clinically screen or properly examine a person's brain health or cognitive state. With dementia being one of the most feared conditions in older adults, Reliance Medical Centers truly stands out as a primary care clinic that is undertaking a wide range of innovative and cutting-edge methods to establish its position as the best primary care clinic.



*Cooking with Kay at the Reliance Wellness Club*

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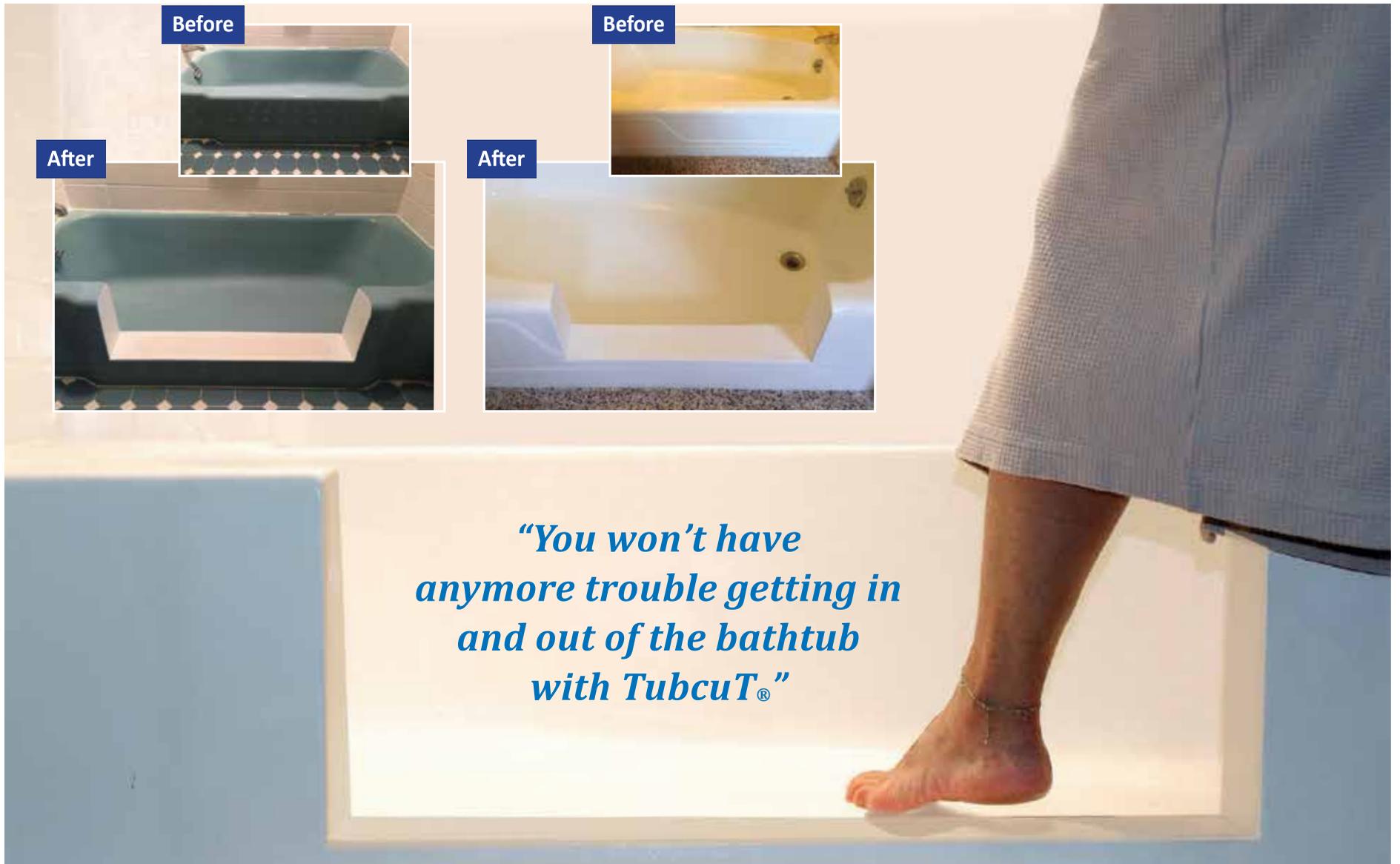


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The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson’s disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

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# SCARED OF LOSING YOUR HAIR? YOU AREN'T ALONE

By Alan J. Bauman, MD, ABHRS



**H**air loss is commonly listed among the most feared symptoms of aging. Men and women are often so attached to their locks that they will go to great lengths to keep it for as long as possible. While you may find yourself one of the lucky ones who manage to keep a healthy head of hair, it is more likely that you'll join the more than 80 million men and women in the U.S. suffering from hair loss.

## 5 SCARY HAIR LOSS TRUTHS

- 1.** The use of Minoxidil is FDA-approved for hair regrowth and has proven science behind it but the reality is it doesn't work for everyone. In fact, over-the-counter minoxidil may only work well in about 35 percent of patients, according to medical studies, meaning there is a 65 percent chance standard over-the-counter minoxidil, like Rogaine, may not help you. Some patients require a specially formulated, compounded prescription minoxidil solution (like Formula 82M) for optimal results.
- 2.** By the time hair loss becomes noticeable to the naked eye, about 50 percent of the hair follicles may have already been lost. The earlier patients can get started on preventive or restorative therapies, the better their odds are for retaining a full and healthy hairline and head of hair.
- 3.** According to the American Hair Loss Association, by the age of 35, approximately one-third of men will experience some degree of hair loss; and by the age of 50, 50% of men will have significantly thinning hair.

As a man ages, the risk of losing hair increases, and is proportional to age: 60% in 60s, 70% in 70s, and so on.

**4.** Roughly half of all women over the age of 40 suffer from some form of hair loss. That's right - half. While most people tend to think of hair loss as a man's problem, the reality is that women are almost just as likely as men to lose hair. It's just less noticeable from afar because it happens more diffusely.

**5.** Medications, laser therapy, PRP, nutritional, etc. can help make hair follicles grow thicker healthier hair, but once the follicle is dead and gone, the only option for restoring hair in that area is a hair transplant.

## IS "VAMPIRE PRP" THE ANSWER TO YOUR HAIR LOSS?

While it may sound like something out of a horror story, one of the most promising tools to treating hair is — your blood. While this may conjure up unsettling images of vampires, the treatment is actually simple, quick and highly effective.

How exactly does "vampire" therapy breathe new life into failing follicles, and is it right for you? Platelet-rich plasma (PRP) therapy, also commonly referred to as "Vampire PRP," is one of the most promising cell therapy treatments to become available for hair loss sufferers in recent years.

Following a simple blood-draw, the patient's blood is spun in a special centrifuge with specific kits designed to separate and concentrate blood platelets, producing the high-quality PRP — a powerful growth factor "cocktail." Once activated, platelets release powerful molecules, which have profound biologic regenerative effects on the hair follicles and skin. Under comfortable local anesthesia, this powerful cocktail of growth factors, cytokines and other proteins is injected into the area of the scalp where weak hair follicles exist. PRP may be enhanced through the use of placental extracellular matrix (ECM) called BioD or another ECM from dried porcine bladder called ACell.

PRP has become one of the most exciting recent breakthroughs in hair restoration, and is not only showing positive results as a stand-alone treatment, it has proven to be a valuable tool during hair transplantation as well. During the transplant



Before and 12 months after PRP+ECM by Dr. Alan Bauman



Before and 12 months after PRP+ECM by Dr. Alan Bauman

process, PRP has been shown to strengthen non-transplanted hair, minimize donor scarring and accelerate wound healing. In addition, PRP has been reported by some hair transplant surgeons to improve graft survival.

In addition to its effectiveness in treating certain types of hair loss, a growing number of patients are drawn to PRP because of its quick and non-invasive nature. Performed correctly, this virtually painless outpatient procedure takes about one hour and requires no downtime for patients, which means you could literally have it performed during lunchtime. Mild soreness or swelling, if any, resolves in less than a day and when administered correctly and improved hair growth may be measured in a matter of weeks.

#### EARLY INTERVENTION

The biggest takeaway should be that early intervention is the key to preventing and managing hair loss. Once you understand the cause of your hair loss, you need to determine the best way to stop losing more hair, enhance the hair you have and restore the hair you've lost. For most patients, this means using a combination, or 'multi-therapy' approach: non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you've lost. Some patients might accomplish their goals using only non-invasive treatments.

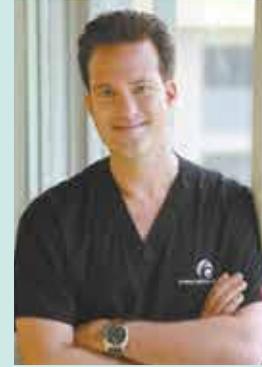
For more information PRP, or other effective treatments for hair loss, please visit

[www.baumanmedical.com](http://www.baumanmedical.com) or call **561-220-3480**

### MORE SCARY STATS ON HAIR LOSS

- It's estimated that approximately 30 million women and as many as 50 million men experience hair loss as a direct result of their genetic make-up.
- According to the American Hair Loss Association, two-thirds of men will begin to see their locks lose some of their luster by age 35.
- By 50, about 85 percent of men will have experienced a significant amount of thinning.
- The American Hair Loss Association estimates that about 25 percent of men who are affected by the condition begin to see the first signs of hair loss before age 21.
- Women make up nearly 40 percent of American hair loss sufferers.
- After menopause, women experience hair loss at almost the same rate as men.

### About Dr. Alan J. Bauman



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

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

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

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

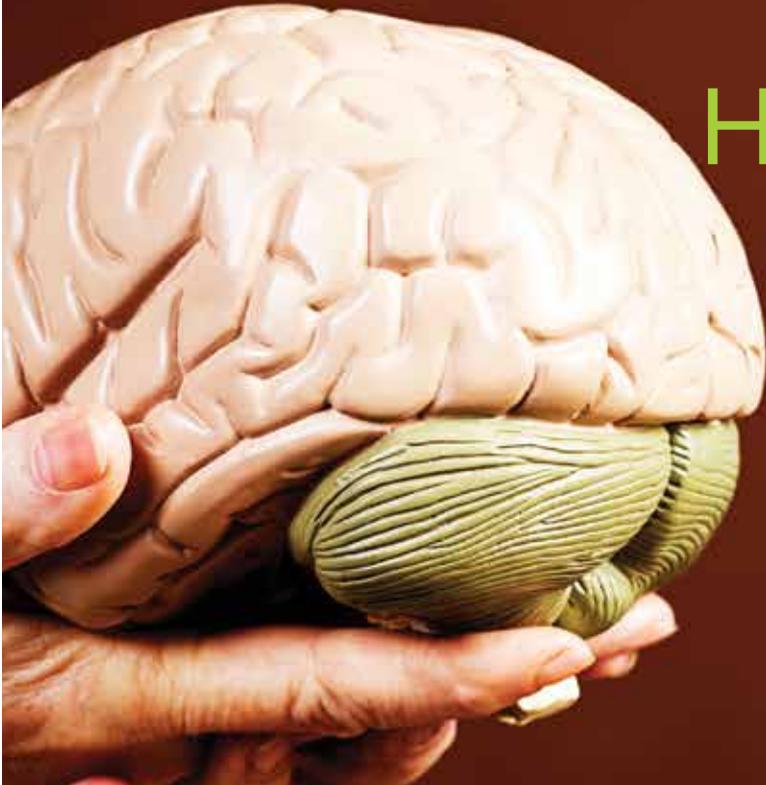


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# ALZHEIMER'S DISEASE:

## HOW ACUPUNCTURE AND FUNCTIONAL MEDICINE IS HELPING PATIENTS



By: Chaas Gantt and Maria Gantt

**U**nfortunately, we all know someone that has been diagnosed or has a family member with Alzheimer's Disease (AD). More than 30 million Americans suffer from some type of dementia. It is estimated a total cost of \$290 billion dollars will go towards healthcare for AD and other dementias in the year of 2019. It is the sixth leading cause of death in the United States (<https://www.advisory.com/daily-briefing/2019/01/16/deaths>) and like other common chronic diseases; we know it develops as a result of multiple factors rather than a single cause. Fortunately, Alzheimer's disease is not a normal part of aging. Lifestyle modifications, acupuncture and functional medicine are proving to be an effective way to treat AD and other neurodegenerative diseases.

Acupuncture is a part of the whole medical system in Asian countries, having a history of over 2,500 years of effectively treating illness. The World Health Organization (WHO) has published guidance on the efficacy of acupuncture in the cure or relief of 64 different clinical conditions, such as dementia, stroke rehabilitation, parkinsonism, depression, chronic pain, headache, hemiplegia, nausea and vomiting, among others (WHO. *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*. Geneva, Switzerland: World Health Organization Press; 2003). Promising findings about the effects of acupuncture/EA on stem cell mobilization and on progenitor cell proliferation in the central nervous system (CNS) is just one of the ways acupuncture has shown to have beneficial effects in several neurodegenerative diseases and has been proven to be a nondrug method for mobilizing stem cells in the CNS (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5530374/>)

Amyloid Precursor Protein (APP) is an integral membrane protein in many tissues and concentrated in the synapses of neurons. According to Alzheimer's Association: "Scientists don't yet know APP's function, but they've learned that day-to-day brain activity involves continuous "processing" of APP into shorter pieces. One of the brain's APP processing pathways produces beta-amyloid, a fragment that's the chief component of plaques and a prime suspect in Alzheimer's-related brain changes." What if Amyloid-beta buildup is a symptom of an underlying problem in the body that is triggering the chain of biological events and symptoms leading to Alzheimer's and other neurodegenerative conditions?



Conventional medicine is focusing on removing Amyloid-beta plaque buildup in the brain by using a bottom-level approach. Amyloid-beta is not the main problem. The Amyloid-beta build up is a symptom of an underlying problem in the body. It's the body's response to several factors impeding the health of an individual. Functional medicine offers a top-level approach where it addresses the underlying causes of the disease by addressing factors that include nutrient deficiencies, inflammation, toxin build up and overload on the system, pathogens, oxidative stress and/or atrophy. A course of treatment is to discover the root cause of the problem, remove or reduce the insults and improve health with lifestyle modifications, acupuncture and functional medicine.

There have been breakthroughs in early detection of Alzheimer's via blood test. It may be able to detect Alzheimer's 10 years before onset with 100% accuracy. The biomarker that is focused on is a protein in the brain called IRS-1 (Insulin Receptor Substrate). The National Institute on Aging conducted a study to show the efficacy of this blood test where they collected blood samples from 174 participants, 70 having Alzheimer's, 20 having diabetes and 84 were healthy (<https://www.fasebj.org/doi/abs/10.1096/fj.14-262048>).

After discovering these biomarkers what does an individual do? Where does a person go from there? How can someone take care of their brain in a way that prevents neurodegeneration from setting in? This is the challenge that people are

faced with and may not know where to turn to find accurate information on treatment options.

An individual can begin their journey by getting comprehensive blood tests administered by a functional medicine practitioner. Some examples of the blood tests are: to determine if there is a toxic overload in the system by testing heavy metals, pesticides, chemical exposure and antimicrobials; to determine if there is insulin resistance which can cause inflammation in the brain; to determine if there are pathogens present; to determine if a hormone imbalance exist and if the thyroid is functioning properly.

After the blood tests are complete, a treatment protocol is created to address each issue to optimize health and achieve the greatest possible outcome. Each individual will have their unique treatment regimen.

For more information on treatment options please schedule a free consultation with the clinic at **561-533-7475** or visit the website at **[www.palmbeachacu.com](http://www.palmbeachacu.com)**



**Chas Gantt L. AP** is board certified by The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®), Functional Medicine Practitioner, Board Certified Herbalist, Injection Therapy Certified and State Licensed. He has learned and apprenticed under renowned physicians and master acupuncturists in the United States, Europe and Asia.

Palm Beach Acupuncture (PBA) is a family-run acupuncture and integrative medical clinic in Lake Worth, Florida. Their mission is to partner with you on your way to enhance, regain and maintain optimum health and vitality. By utilizing a functional medicine approach and combining Japanese and Chinese acupuncture techniques, cupping therapy, moxibustion, clinical nutrition and herbal medicine, PBA's aim is to provide a road map to successful outcomes that complement the diagnosis and care of standard medicine.

At PBA they strongly believe in the innate wisdom of the body. Your body knows how to heal itself; sometimes it just needs a little support and guidance. PBA accepts most major insurance carriers.



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# October is National Breast Cancer Awareness Month

## Breast Cancer Facts



**O**ctober is National Breast Cancer Awareness Month. This is a very personal issue with me because I am a 7-year survivor of breast cancer.

October is also the month of my cancer diagnosis. Every anniversary of my diagnosis is a reason to celebrate. Each year that I am able to walk in the Survivors' Walk at Relay for Life is a fresh victory.

Many great strides have been made in the fight against breast cancer – in both the search for better treatment and more knowledge of how to have early diagnosis of the disease. Women and men alike have struggled with this dreaded diagnosis.

### Key Statistics

Breast cancer is the most common cancer among American women, except for skin cancers. About one in eight US women will develop invasive breast cancer.

The American Cancer Society estimates for breast cancer in the US for 2013:

- About 232,340 new cases of invasive breast cancer will be diagnosed in women
- About 64,640 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive & is the earliest form of breast cancer)
- About 39,620 women will die from breast cancer

After increasing for more than 20 years, female breast cancer incidence rates began decreasing in 2000, then dropped by about 7% from 2002 to 2003. This significant decrease was attributed to the decline in the use of hormone therapy after menopause that occurred after the results of the Women's Health Initiative – a study linking the use of hormone therapy to an increased risk of breast cancer and heart diseases – were published in 2002.

Breast cancer is the 2nd leading cause of cancer death in women, exceeded only by lung cancer. Through earlier detection and increased awareness, as well as improved treatment, death rates from breast cancer have been declining since about 1989.

### Risk Factors

**Aging:** Risk of breast cancer increases as you get older. About one out of eight invasive breast cancers are found in women younger than 45, while about two of three invasive breast cancers are found in women age 55 or older.

**Genetic:** About 5-10% of cases are thought to be hereditary.

**Family history:** Having a mother, sister, or daughter with breast cancer doubles your risk. Having two relatives with breast cancer triples it.

**Personal history:** A woman with cancer in one breast has a 3-4-fold increased risk of developing a new cancer in the same or other breast.

**Race & ethnicity:** White women are slightly more likely to develop breast cancer than African-Americans, but African-Americans are more likely to die of this cancer.

**Having children:** Women with no children or who had their first child after age 30 have a slightly increased risk.

**Birth control:** Women using birth control pills have a slightly greater risk. This risk seems to go back to normal over time once the pills are stopped.

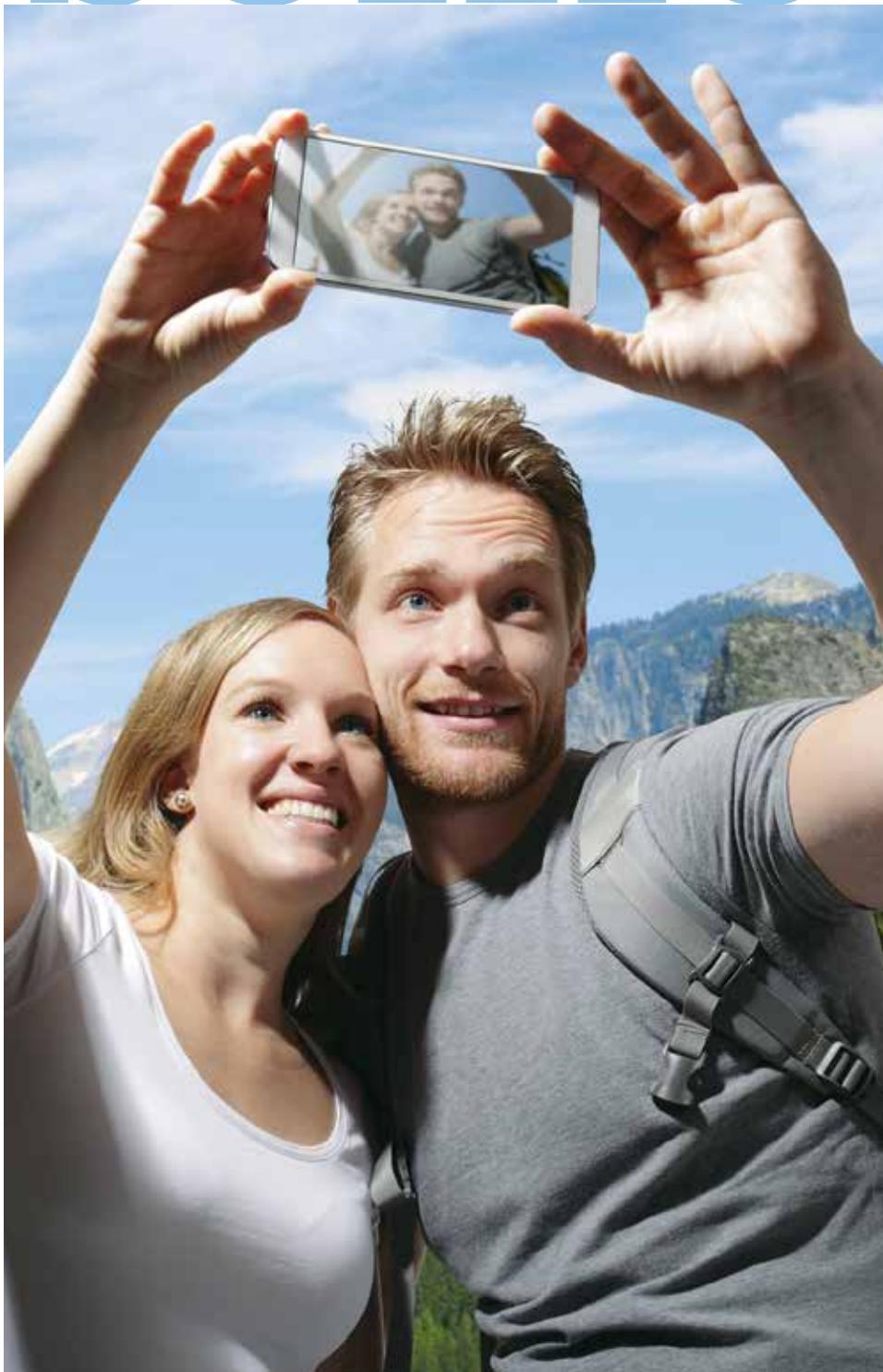
**Hormone therapy after menopause:** Hormone therapy with estrogen combined with progesterone increases the risk and also increases the chances of dying with breast cancer. The risk seems to return to that of the general population within five years of stopping hormone therapy.

**Use of alcohol:** Those who have two to five drinks daily have about 1.2 times the risk of women who don't drink alcohol.

**Overweight/obese:** Being overweight or obese after menopause increases breast cancer risk.

**Physical activity:** Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. In one study, as little as 1.25 to 2.5 hours per week of brisk walking reduced risk by 18%.

# selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “*Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



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