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Health & Wellness[®] MAGAZINE

January 2020

Polk/Brandon Edition – Monthly

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ON THE RIGHT TRACK**

**NEW YEAR –
NEW BODY:
FREEZE AWAY YOUR
PROBLEM AREAS**

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

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 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)
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Start the New Year on the Right Track

The New Year is a time for change. Like most of us, you may feel there's some room for improvement in your life – in your physical fitness, your relationships, or your work/life balance. If there's a piece of your puzzle missing, what simple changes might help bring the picture into focus? What can you do to make 2020 the year you really feel whole? Here are a few easy tips from AdventHealth to get you started.

SEE YOUR PRIMARY CARE PROVIDER.

Make an appointment with your regular physician or advanced practitioner and begin an open and honest conversation about your real health goals and what you and your care team can do to achieve them. Tell your provider “I'm ready to change, to maximize my health, and I need your help.” A regular physical exam will yield your baseline numbers for blood pressure, blood sugar, cholesterol and other important measurements, allowing you and your health team to track your progress and know when modifications to your lifestyle or medications are necessary.

GET A MOVE ON.

There's no substitute for regular physical activity to help you reach your physical goals – whether you want to lose weight or simply have more strength and energy. On a daily basis – or at least several times per week, exercise for 30 minutes. Whether you choose jogging, walking at a brisk pace or another activity, do so at a quick enough rate that you can't hold a conversation or update your social media status in the meantime. You won't believe how much better you'll feel by meeting this one easy goal.

REST.

Maintaining your physical, spiritual and emotional wellness requires giving your mind and body time to relax and recharge. You should be getting approximately seven to eight hours of sleep per night, and if you're not, your health care provider needs to know. If you are already getting that much sleep but still feel tired much of the time, that could signify a problem. Many people mistake

fatigue as just a natural part of aging, but in reality, waking up tired may be the result of a treatable sleep disorder.

EAT, DRINK, BUT BE HEALTHY.

Dietary recommendations can vary widely according to your specific health status, including any diseases you may have (such as diabetes), food allergies, and of course, personal preferences. Ask your provider to recommend a diet that matches the findings of your physical exam. If you need to lose weight, prepare healthy meals in advance so that you're not tempted to eat out or grab quick, processed food. And remember to drink water – plenty of it. Hardly anyone drinks as much water as they should, yet most of what you drink each day should be in the form of this life-giving liquid. The benefits of hydration are real. Challenge yourself to drink 64 ounces a day for a week and see how you feel.

DON'T WORRY, BE HAPPY.

Outlook matters. Like it or not, your mind influences your body and your attitude affects your health. You were born to enjoy a life that is active, vibrant, and filled with joy – and each day is a gift. Try squelching those negative thoughts by stopping yourself from complaining, keeping a lookout for those dark thoughts that aren't based in reality, and making the choice to be happy and hopeful more often. You might be pleasantly surprised how much your active thoughts become your new reality. Choose optimism over despair, light over darkness, forgiveness over grudges – and take active steps to nurture your soul through exercise, diet and interpersonal relationships.

When you're having a bad day, try not to lose sight of the bigger picture and everything that you have to be grateful for. And take stock in the idea that laughter is the best medicine. Go out of your way to find the goodness in people with whom you live and work, and treat others with kindness and compassion always. Focus on the things that bring you joy, and let go of the things that don't.

SPEND MORE TIME WITH FAMILY, AND NOT IN FRONT OF A SCREEN.

Television, cell phones, video games, tablets and social media are all-consuming devices in today's high-technology environment. But while these things can help us socialize and learn, they can also lead to a sedentary, inactive lifestyle and other problems that may affect your and your children's daily lives. New recommendations from the American Academy of Pediatrics say that children ages two to five years old should have their screen time limited to one hour per day, while babies ages 18 months and younger should not be exposed to ANY digital media. Instead, try strapping in the young ones for a long walk, scenic hike or bike ride. You'll be getting exercise while also teaching them good habits by example.

ON YOUR MARK...GET SET...GO!

The goals outlined above are both realistic and trackable. If you start now and address each one throughout the year, you'll get a better understanding of what it is to feel whole – and you'll thank yourself for doing what it takes to live happier and healthier.

About AdventHealth Medical Group

AdventHealth Medical Group is Central Florida's most comprehensive multi-specialty medical group practice. With nearly 600 board-certified physicians, the group provides patients with a broad range of medical and surgical services across more than 40 medical specialties.

For more information or to make an appointment, call 866-997-3627 or visit AdventHealthMedicalGroup.com/Polk-County.





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 longterm 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.

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EMSCULPT®

Revolutionary treatment to build muscle while shrinking fat

At the Bella Visage, we are constantly reviewing new and emerging technology, so that we can bring the best to our patients.



ANY PEOPLE WOULD PREFER NONSURGICAL OPTIONS, AND WE HAVE ALWAYS KEPT THIS IN MIND. JEANNA PARKER AND HER STAFF CAN HELP STEER PATIENTS THROUGH THE OFTEN CONFUSING AND CONSTANT INFORMATION STREAM TO DETERMINE WHICH PRODUCTS, PROCEDURES OR TREATMENTS WILL HELP EACH INDIVIDUAL ACHIEVE HIS OR HER GOALS.

The latest device in the arena of body sculpting is a totally new concept, because in addition to helping the patient lose body fat, it also tightens and builds the underlying abdominal muscles.

The EMSCULPT procedure is the world's only procedure that simultaneously addresses both muscle and fat. It can be used on the abdomen and/or the buttocks, for a nonsurgical buttock lift. The EMSCULPT procedure is backed by 9 independent multi-centered studies from across the United States. These studies show an average of 16% increase in muscle mass and an average fat reduction of 19% in the abdominal

treatment area. The EMSCULPT uses High-Intensity Focused Electro-Magnetic technology, causing "supramaximal" contractions of the muscles, which causes the muscle fibers to multiply and grow, and the surrounding fat to be disrupted and to die off.

EMSCULPT is the only procedure to help both women and men build muscle and sculpt their body.

This technology is rapidly becoming the world's number one FDA-cleared, non-surgical procedure that's proven to help you lose inches with every visit. Each treatment session takes approximately

30 minutes. This treatment is great for abdomen, arms, thighs, buttocks and more. Our staff, so far, has shown a 1-2" reduction in waist size, only 1 month after the four sessions ended, and an impressive toning of the silhouette.

AM I A CANDIDATE?

Anyone can benefit from the EMSCULPT procedure!

WHAT IS THE TREATMENT TIME?

30 minute treatment with minimum of 4 sessions scheduled 2-3 days apart. Jeanna and her team will create a treatment plan tailored to your specific goals.



WHAT DOES IT FEEL LIKE?

The EMSculpt procedure feels like an intensive workout. You can lay down and relax during the treatment.

IS THERE ANY DOWNTIME? ANY PRE/POST TREATMENT PREPARATION?

The EMSculpt is non-invasive and requires no recovery time or any pre/post treatment preparation.

HOW FAST WILL I SEE RESULTS?

You begin to feel tangible results right after the treatment. Positive results are usually reported two to four weeks after the last session and continue to improve for several weeks following the treatments.

BELLA VISÁGE

Bella Viságe offers high-end medical rejuvenation services, world-class aesthetics, and luxurious massages in a unique, historic spa in downtown Lakeland. They put great thought and planning into every detail of the spa from the décor, technology, products and the types of services offered.

Bella Viságe’s clients best reflect the quality service offered, Bella Viságe receives 5 star reviews time and time again for their impeccable service, innovation, cutting edge technology and caring comforting environment.

Bella Viságe is more than just your home for aesthetics — we focus on total wellness,

rejuvenating your beauty from the inside out. We want all of our clients to feel confident in their bodies and know that no matter what stage of life they are in, we are here to help them take control of their health. As a family-owned business, we are dedicated to creating a community of clients who know they can trust the services we provide.

Schedule your consultation today at our beautiful, comfortable medical spa in Lakeland, Florida.



LOCATION

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New Year – New Body: Freeze Away Your Problem Areas

Are you like the over 7 million people world wide with stubborn fat areas that don't respond to diet or exercise? CoolSculpting was the answer for them and could be the answer for you too!!!! The reason that its popularity has grown exponentially over the past few years is simple, CoolSculpting produces results and is non-invasive.

WHAT EXACTLY IS COOLSCULPTING?

CoolSculpting is an FDA-cleared treatment that uses controlled cooling to eliminate fat permanently without surgery or downtime. And with 95% customer satisfaction, you'll love the results of CoolSculpting every time you look in the mirror.

WHO IS A GOOD CANDIDATE FOR THE PROCEDURE?

The typical patient is one with specific areas they would like to reduce fat. A person that is within 30 lbs of his/her desired weight, and is generally healthy.

IS IT PAINFUL?

It's not painful. Typical fat reduction procedures like liposuction or surgery, do cause a great deal of pain and downtime, but CoolSculpting, feels like an ice cube being held to your skin . After a few moments, you'll be numb and not feel much of anything. The entire procedure takes approximately 1 hour depending on the size of the area being treated.





HOW DOES THE SCIENCE OF COOLSCULPTING WORK?

Harvard scientists developed CoolSculpting. This technology uses controlled cooling to target and kill fat cells. In the weeks that follow, your body will naturally process the fat and eliminate the dead cells. CoolSculpting results are long-term because targeted fat cells are gone. The safety and effectiveness of CoolSculpting has been documented in over 100 peer reviewed publications.

WHAT AREAS CAN BE TREATED?

Numerous areas can be treated. To name a few; belly bulges, muffin tops, upper arms, thighs, love handles, flanks, the chin area and the neck are all areas that are commonly treated. Because we can't "spot reduce" with exercise and diet alone,

CoolSculpting has really been the answer that so many men and women desire.

CoolSculpting procedure experience liposuction like results without the cost, downtime, anesthesia or pain. Give us a call today we can help you achieve a New You for the New Year!!!

ELYSIUM MED SPA

Elysium offers each of our guests the chance to relax in a tranquil environment. As a courtesy to others, we appreciate you turning off mobile devices and speaking softly. Children under the age of ten are not allowed unless they are receiving a service. Children under the age of 10 are absolutely not permitted to enter the Laser room under any circumstances and must be accompanied by an adult in the waiting room.



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

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

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

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

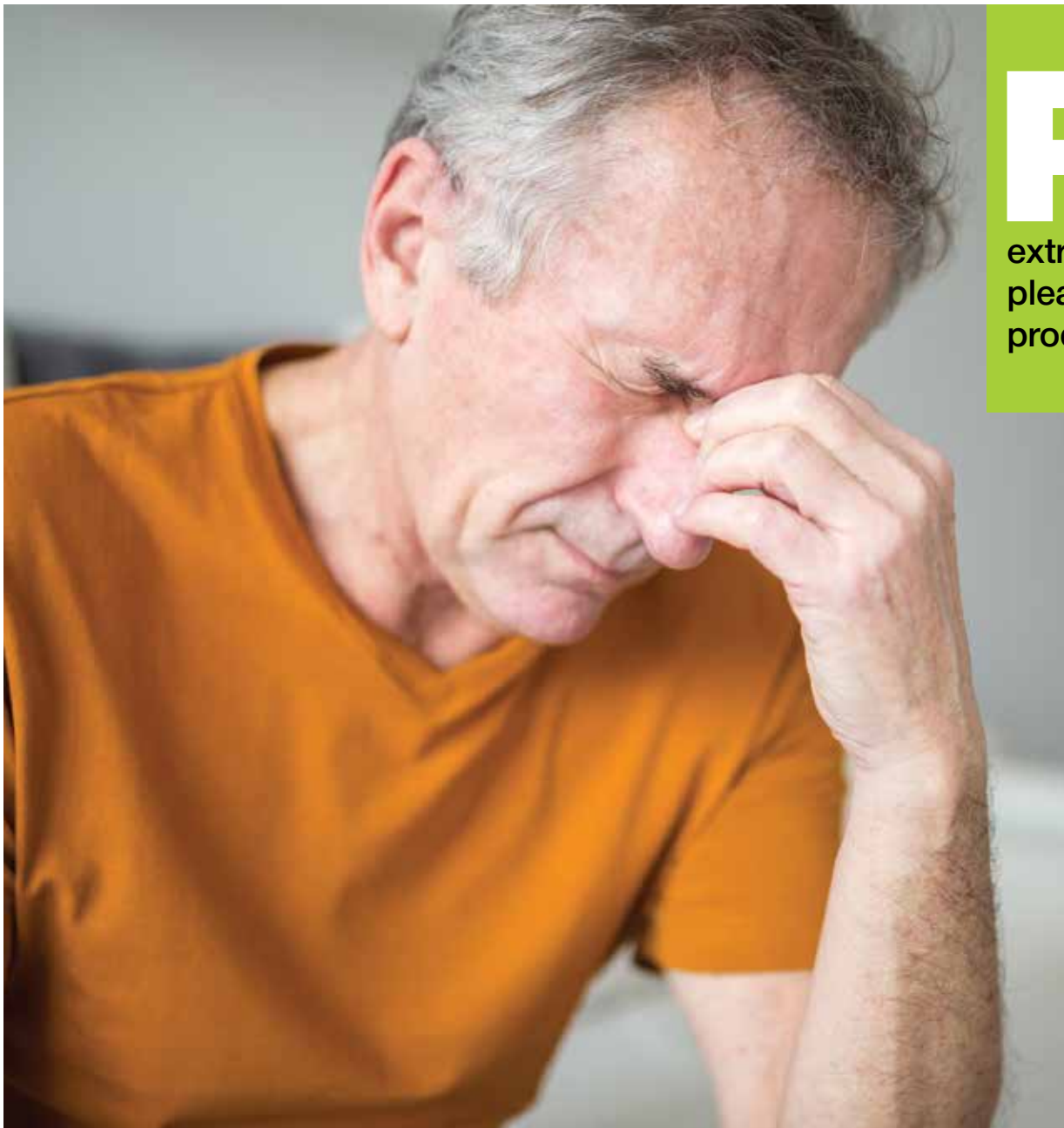
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Pain Management and Relief

Improving Quality of Life & Happiness



Pain 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.

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

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THE IMPORTANCE OF GRADUATED COMPRESSION SOCKS

by Samuel P. Martin, MD, FACS,
Medical Director at Vascular Vein Centers



Patients at Vascular Vein Centers are strongly encouraged to wear medical grade graduated compression stockings before and after treatment; they are the gold standard for management of symptoms and the physical signs venous of disease. Symptoms of venous disease include: pressure, full or heavy sensations and even aching as the day goes on, and later, dryness and itching in the lower leg. The signs of venous disease include spider veins, varicose veins, leg swelling, leg skin changes with thickness, browning and scaling which can progress to lower leg ulcers because the skin becomes brittle.

The providers at Vascular Vein Centers strongly advise the use of graduated medical grade compression stockings because the compression is greatest at the ankle and progressively decreases going up the leg. This helps support the superficial veins which lie outside the muscle tissue and return blood to the deep veins and then the heart and lungs.

One has to be careful when selecting compression. There are many brands and styles that claim to be “graduated compression” or “compression” socks. Even if a product says graduated compression it doesn’t mean that it is graduated unless it specifically has a compression class indicated such as 20-30 mmHg. Some of these products when tested actually have reverse compression.

Compression should be held to a standard and graduated to optimally assist the calf muscle or “calf pump” perform. It works optimally when the compression is greatest at the ankle, 70% at the calf and, if the stocking goes to the thigh, 40% at the thigh.

Avoid a stocking that says only “Compression”. There is no way to know how much compression you are getting, if it optimally fits and if the stocking is truly facilitating venous outflow. “Compression” is a term used generally by many companies though their socks have no proven benefit. Unfortunately, there are no enforced standards with compression and like unregulated holistic medicines, there is a wide range in quality of stockings which are labeled as compression.

When shopping for medical grade compression there are several considerations. One should be fitted, or measurements should be taken, early in the day because the leg is its best size. Later in the day, the leg may have swollen and the stocking would potentially be too large.

Stay active while wearing compression socks & stockings.



Stockings are categorized by their degree of compression- 15-20mmHg is the lowest compression one should wear. Most people, especially women after pregnancy and those whose jobs entail significant standing, need 20-30 mmHg. If one has significant skin changes and/or swelling, they may need 30-40 mmHg or Velcro compression wraps. There are now assist devices for those having problems getting the stockings on and off. Ace bandages are never an acceptable alternative. They do not give adequate compression and are vulnerable to loosening. Ideally the stocking should be fitted by a certified fitter, someone who has been taught and certified in sizing the leg.

Vascular Vein Centers Doc's Sock Store distributes ISO (International Organization of Standardization) certified, medical grade

graduated compression stockings in all 7 of our Central Florida locations. ISO certification refers to an international quality control standard indicating the highest-level evaluation for medical equipment thus assuring the highest quality products. Our compression stockings are meant to prevent and treat venous and lymphatic diseases. Venous reflux from valve failure causes swollen and achy legs.

To help patients, and the general public who can be seen without an appointment, each staff member at Vascular Vein Centers is certified in fitting compression stockings. We also have a 30-day return policy as a courtesy to our clientele to help insure finding the right stocking for you. Whether you are a patient or someone seeking to prevent a problem, we store your information and can have stockings sent to your home in the future.



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Next to Pichardo Clinic



HEARING LOSS AND THE INCREASED RISK OF FALLING

HEARING LOSS IS NOT TYPICALLY CONSIDERED A RISK FACTOR FOR INCIDENT FALLS, BUT PREVIOUS REPORTS OF AUDIOMETRIC HEARING LOSS AND INCIDENT FALLS LED DRS. FRANK R. LIN AND LUIGI FERRUCCI, OF JOHNS HOPKINS SCHOOL OF MEDICINE AND THE NATIONAL INSTITUTE ON AGING, RESPECTIVELY, TO INVESTIGATE. THE OBJECTIVE OF THEIR STUDY, “HEARING LOSS AND FALLS AMONG OLDER ADULTS IN THE UNITED STATES,” WAS TO INVESTIGATE THAT ASSOCIATION. THE CONNECTION BETWEEN FALLS AND HEARING LOSS IS INTRIGUING, AS HEARING LOSS IS COMMON AMONG OLDER ADULTS BUT REMAINS LARGELY UNDERTREATED IN OLDER ADULTS.



The study included a total of 2,017 participants aged 40 to 69 in the National Health and Nutritional Examination Survey (NHANES) from 2001 to 2004 who underwent an audiometric assessment and fall history survey. About 14.3 percent of the participants had at least a mild hearing loss (a 25-dB loss of sensitivity), and 4.9 percent had reported falling in the past year.

The study confirmed that hearing loss is a significant factor in incident falls, as a mild hearing loss made patients nearly three times as likely to have reported a fall in the prior year. For every 10-dB increase in hearing loss, there was a 1.4-fold increase in the odds of a fall in the preceding year. Restricting the analysis to only those participants with a hearing loss of 40 dB or less did not affect the

magnitude of the study results. The findings by Lin and Ferrucci are consistent with previous research linking hearing loss to an increased risk of falls.

Lin and Ferrucci surmise that the association observed in this study might mean that cochlear and vestibular dysfunction are related, or that the effects of hearing loss require the lion's share of an individual's cognitive load and shared attention. Hearing loss may affect spatial awareness and where the body is in position to other objects around it. Resources that maintain posture and body control require cognitive resources that may be impaired by hearing loss, throwing off an individual's balance in real-world situations. Such cognitive impairment may increase the risk of falling.

Regardless of their cause, falls are of significant public health importance – and so is hearing loss. The associations between hearing loss and cognitive impairment do not end at this study, as research on the subject is ongoing. Better hearing health means a higher quality of life for patients, their families, and their friends – and that means good things for our entire local community.

At Winter Haven Audiology & Ridge Audiology, we are committed to helping people achieve total body health, through better hearing. Interested in learning more? Give us a call today at **(863)594-1976** to speak to our Doctors of Audiology.

Lin FR, Ferrucci L. Hearing Loss and Falls Among Older Adults in the United States. Arch Intern Med. 2012;172(4):369–371.

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Winter Haven Audiology welcomes new provider Scheyere-Ann Moir, Au.D.!

Dr. Moir received her Bachelor of Science in biology with a minor in chemistry from Oral Robert University and received her Doctorate of Audiology from the University of South Florida in May 2019. She is a long-term transplant to central Florida and enjoys working with and serving people in Winter Haven and the surrounding areas.

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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.

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BEFORE



AFTER



BEFORE



AFTER

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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®.



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Meet Your New Doctor



nursing homes. Dr. Lopez has in house diagnostics such as an ultrasound for the convenience of his patients and for his expertise in diagnostic management. He accepts self-pay patients, and Dr. Lopez has admitting privileges at both BayCare and Advent Health hospitals.

Medication Management is a critical detail that often gets overlooked in larger practices. This can lead to adverse side effects and contraindications. As individuals age, it's also difficult to keep track of what drugs they should take at what time. Dr. Lopez helps to make these details easier and safer for his patients. Dr. Lopez also believes that medicine should be personalized. His dedication is for medical treatment to be the way it used to be, the way it's supposed to be, and to provide the optimal treatment and outcome for his patients.

His experience allows him to appreciate the complex elderly patients and their unique needs and medical concerns. He enjoys the challenge of complex medical patients both young and old. Dr. Raphael Lopez is committed to continuing education and remaining aware of the latest advancements in medical health. He promises to deliver exceptional service to you and your family in hopes that you will feel comfortable and welcome in our office. Whether you are a long-time patient or a first-time visitor.

Cypress Medical Center aims to educate our patients in a safe environment while offering you the necessary comprehensive care you deserve. We understand that many people have anxiety about medical treatment, so we created a soothing atmosphere and a scheduling system that never keeps you waiting long. By combining the latest technology with traditional techniques, we give our patients the best care possible.

Internal medicine concerns the diagnosis and non-surgical treatment of diseases in adults, especially diseases of the internal organs. Doctors of Internal medicine are required to have included in their medical schooling and postgraduate training at least three years dedicated to learning how to prevent, diagnose, and treat diseases that affect adults. They often act as consultants to other physicians to help solve mystifying diagnostic problems. Doctors of internal medicine are primary care physicians and treat the whole person, not just internal organs and are usually the most skillful at treating a broad range of diseases and are trained to solve puzzling diagnostic problems and handle severe chronic illnesses in situations where several different illnesses may strike all at the same time. They also bring to patients an understanding of preventive medicine, substance abuse, and mental health, as well as effective

These days, it's challenging to find a physician that hasn't been bought out by a large hospital system; however, there are those that are not willing to give up their patient control, treatment decisions, and are just simply dedicated to the way things have always been.

Cypress Medical is 100% dedicated to their patient care. Cypress Medical is a sole practice utilizing old school medicine and incorporating the latest technology. Dr. Lopez has been in Polk County practicing since 2002, treating geriatric patients and has been the medical director for

DR. RAPHAEL LOPEZ is Board Certified in internal medicine. He believes in a full-circle level of attention that allows for great continuity of care and reduces redundant testing, medical errors and other issues that often occur when seen by multiple doctors. Dr. Lopez has a special focus on the physician/patient partnership. He brings to this partnership the skills of an experienced physician in both an outpatient and hospital setting. Dr. Lopez has worked in several nursing homes and has experience being the medical director of a nursing home with many memory disordered patients directly under his care.



AT CYPRESS MEDICAL CENTER, WE KNOW THAT FINDING THE RIGHT PHYSICIAN TO TAKE CARE OF YOU IS A CHOICE NOT TO BE TAKEN LIGHTLY. THAT'S WHY DR. LOPEZ BELIEVES THAT EXCELLENT HEALTH BEGINS WITH EDUCATION AND PREVENTION. HE HAS MADE IT HIS MISSION TO ENLIGHTEN PATIENTS TO WAYS THEY CAN TAKE GREATER CONTROL OVER THEIR OWN MEDICAL HEALTH.

treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs. Most elderly adults in the United States see an internal medicine doctor as their primary physician. Dr. Raphael Lopez is Board Certified in Internal Medicine and is a member of the ABIM. The ABIM is the American Board of Internal Medicine that sets the standards and certifies the knowledge and skills of physicians who practice internal medicine.

At Cypress Medical Center, we know that finding the right physician to take care of you is a choice not to be taken lightly. That's why Dr. Lopez believes that excellent health begins with education and prevention. He has made it his mission to enlighten patients to ways they can take greater control over their own medical health.

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MSM-or Methylsulfonylmethane-which makes up part of the base of SunMed Topical Cream is a chemical found in green plants, animals, and humans.

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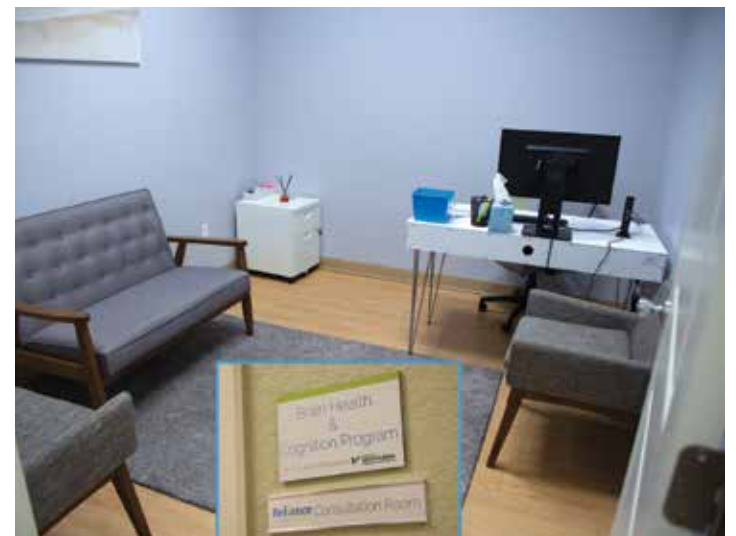
COLLABORATION BETWEEN THE UNIVERSITY OF SOUTH FLORIDA AND RELIANCE MEDICAL CENTERS LEADS TO A GROUNDBREAKING RESEARCH, BRAIN HEALTH AND COGNITION, AND ENRICHMENT INITIATIVE THAT WILL BE OF SIGNIFICANT BENEFIT TO THE COMMUNITY OF LAKELAND AND BEYOND.

Following the announcement of the collaboration between Reliance Medical Centers (Reliance) and the University of South Florida (USF), Mayor Bill Mutz made the following statement. **"The City of Lakeland unites with Polk County in recognizing the rapidly growing behavioral health and brain research needs of our residents. The recent collaboration between USF and Reliance Medical Centers provides both intern and employment opportunities for cutting edge research to maximize brain health. Recent studies reveal dramatic benefits from appropriate brain health screenings, comprehensive cognitive evaluations, and consistent monitoring. This research provides preventative exercises enabling a therapeutic reduction in the pace of degradation for highly predictable Alzheimer's participants. Patients gain primary care solutions at much more affordable costs with quantifiably higher success in treatment."** This statement comprehensively sums up the critical importance of this collaborative initiative and how it will benefit the community.

The collaboration between USF and Reliance originated because the two organizations identified shared objectives in terms of promoting scientific investigation into cutting edge preventives, diagnostics, and therapeutics, and applying (or translating) research findings into practice. Both organizations recognized that working together would give rise to better quality research, the opportunity for translation and application of research findings into practice and, ultimately, provide numerous benefits to patients which will extend to the community. As a result, Reliance generously founded the USF Optimal Aging & Brain Health Research Fund which is housed in the USF College of Behavioral and Community Sciences. Established in 2008, the USF College of Behavioral and Community Sciences is breaking new ground by combining knowledge gained through the behavioral sciences with knowledge gained from the community; it emphasizes science with a commitment to community impact.

The specific objective of the research fund is **"to support all aspects of brain health research among older adults including preventive strategies, cognitive assessment, cognitive monitoring and diagnostics, cognitive training, sensory processing and cognition, neurophysiological indicators of cognitive impairment, and innovative interventions and treatments to promote optimal aging and potentially protect against mild cognitive impairment, Alzheimer's disease, and related dementias, and to expedite the translation of research findings into practice."**

The value of the collaboration extends far beyond the generous financial donation provided by Reliance. Reliance has also donated space and additional resources for an in-house research facility in collaboration with USF at its medical centers in Lakeland and Winter Haven. This means that Polk County residents will have access to brain health research; they will have the opportunity to participate and also benefit directly from research



findings. At present, opportunities to participate in optimal aging research in Polk County are *extremely limited*; until recently, older adults who were interested in participating had to travel to Tampa or Orlando. The collaboration between USF and Reliance aims to *provide research opportunities and maintain a cutting-edge research presence in Polk County*. With dementia being one of the most feared conditions older adults face, this collaboration is an incredible benefit to Polk County residents.

The most significant barriers to research are funding and gaining access to research participants (i.e., recruitment). The USF-Reliance Optimal Aging Research Laboratory at the Reliance Medical Center in Lakeland provides a direct connection to the community through Reliance's medical centers. This partnership means that the number and diversity of potential research participants will likely be greater than if research locations were limited to traditional university sites. Increased access and accessibility to research participation opportunities will enable the collection of more representative data, making the studies more generalizable and applicable to a broader number of individuals. It will also allow the USF Optimal

Aging and Brain Health Research Fund to meet its objective of “translation” by providing both existing and alternative preventative, diagnostic, and therapeutic innovations that can positively impact individuals’ brain health and, ultimately, benefit the greater community.

As noted by Mayor Mutz, the USF-Reliance collaboration will strengthen professional collaborative opportunities across the USF system that will help put innovative science into action by bridging the gap between academia and primary care. In addition, the medical center will provide internship and employment opportunities for

USF students and graduates. Many USF students commute from Lakeland to Tampa. Therefore, having a USF presence in Polk County will allow them local research and applied opportunities to be involved in their own communities and hopefully remain local, as opposed to being recruited elsewhere. This will help us **retain** talent **in** Polk County, and it will allow us to **recruit** talent **to** Polk.

This is just the beginning – a truly unique collaboration with obvious immediate benefits to community health and great potential for future innovations.

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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 knees 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. Many skin conditions can affect the legs and feet and podiatrists are able to treat those conditions with advanced methods, medications and technological advancements.

COMMON SKIN CONDITIONS ON THE LEGS AND FEET:

- Athletes foot (burning and itching fungal, skin irritation)
- Warts (Contagious, can spread, common on feet and knees)
- Venous stasis (circulatory condition that causes skin to thicken and become dark)
- Dermatitis (usually caused by environmental irritants)
- Diabetic wounds (neuropathy damages nerves and causes non-healing ulcers to form)
- Shingles (rash caused by zoster virus)
- Skin Cancer and Sun Damage

Typically, these conditions can be treated in-office and usually improve quickly with medical-grade topicals, oral prescriptions, or non-invasive procedures.

SKIN CANCER RISKS

Skin cancer can develop anywhere on the body, including in the lower extremities. Skin cancers

of the feet have several features in common. Most are painless, and often there is a history of recurrent cracking, bleeding, or ulceration. Frequently, individuals discover their skin cancer after unrelated ailments near the affected site. 1

We often view the sun's harmful rays as the primary cause of skin cancer; the condition is often found on parts of the body that receive the most sun exposure. Skin cancers of the feet, however, are more often related to viruses, exposure to chemicals, chronic inflammation or irritation, or inherited traits. Unfortunately, the skin of the feet is often overlooked during routine medical examinations, and for this reason, it important that the feet are checked regularly for abnormalities that might indicate evolving skin cancer. 1

What many people are unaware of, is that skin cancer on the lower extremities looks different than that on the body. Podiatrists are trained to look for and diagnose abnormalities like skin cancer.

Dr. Gabriel Delgado prides himself on taking excellent care of his patients and making them feel at home. He is bilingual and a native and current resident of Lakeland, FL with his wife and 2 kids. He is a graduate from the University of Florida with

a Medical Degree from Barry University followed by residencies at the Veterans Hospital of West Palm Beach, FL and St. Luke Medical Center in Phoenix, AR. He is Board Certified in Podiatric Medicine and Surgery and has received Certificates of Appreciation from the West Palm Beach VA Medical Center for his dedicated service to the veteran population.

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

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.



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Healthy Resolutions That Can BOOST YOUR HAIR'S HEALTH

By Alan J. Bauman, M.D., ABHRS

Genetics play a key role in many hair loss cases, but it's important to realize there may be other contributing factors as well. In fact, there are a host of epigenetic (non-genetic) and other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens and other habits that can all accelerate hair loss. Hair follicles, just like other parts of the body, such as the skin, bones, teeth, etc., require proper care, nutrition, and treatments in order to keep hair youthfully thick and resilient. While the hair strand itself isn't alive, the underlying hair follicles are, and they need to be kept healthy or else you will soon find your hair becoming weak, brittle, dull, thin or even falling out.

As you begin putting your healthy resolutions into action, you may see the health of your hair improving as well. Here are some simple ways you can boost both your overall health and the health of your follicles.

Eat a healthy, balanced diet – Men and women who lack these key vitamins are more at risk of thinning and unhealthy hair – biotin, antioxidants, zinc, iron, Vitamin B and protein. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make you're your diet is packed full of hair "superfoods," which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, and nuts. If you can stomach it, liver, with its abundance of iron, is one of the best foods for your hair.

DON'T SMOKE – Male pattern baldness or Androgenetic Alopecia has its "roots" in the male sex hormone Dihydrotestosterone, which triggers progressive miniaturization of the hair follicles, based on age and hereditary risk factors. Social factors such as nutrition, diet, lifestyle, stress, medications all are believed to have an impact on the progression of male and female hair loss. Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be – so add that to your list of reasons to quit!

TAKE YOUR VITAMINS – Nutritional supplements like professional-grade "SuperBiotin," Viviscal PRO-made from marine protein, or perhaps the multi-nutraceutical Nutrafol which has a version specifically for postmenopausal women – are good places to start when looking for a hair vitamin to give your hair a boost. Nutrafol Male and Female are exciting nutraceutical products because they target more than one possible trigger for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage,

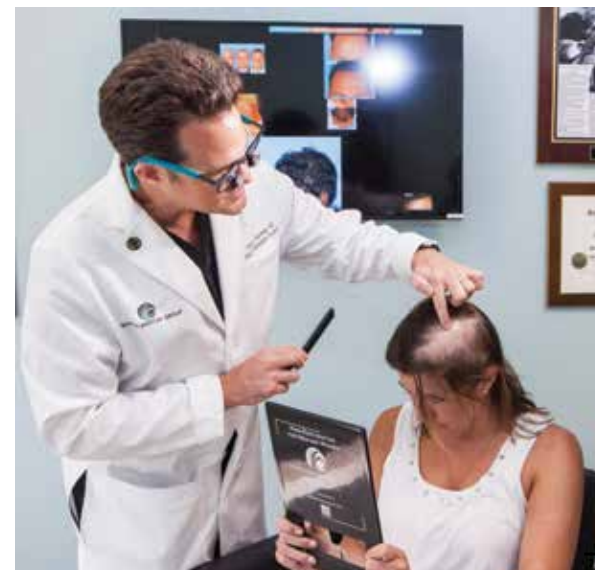
and others. Nutrafol also has a new "HairBiotic," a probiotic specifically for optimizing your gut microbiome for absorption of nutrients and managing inflammation for good quality hair production.

DON'T STRESS – Stress affects the body in many ways; it is important not to underestimate the power of stress. However, usually, it takes severe, traumatic stress (like that related to a severe psychological or physical experience – a natural disaster, death in the family, or crash dieting) or chronic stress over time to cause hair loss. Some autoimmune diseases of the hair and scalp that cause patchy hair loss, like alopecia areata, can be precipitated or aggravated by bouts of stress.

CHECK YOUR MEDICATIONS – There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, chemotherapy agents and more. Always discuss these side effects with your doctor before stopping any medications and ask your Hair Restoration Physician what you can do for your hair if you need to use them.

GIVE YOUR SCALP SOME LOVE – New "Scalp Makeovers" are available to treat oily, dry, itching or flaking scalp as well as hair breakage, thinning and more. It's sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific "Trico-Test," performed by a trained trichologist and bespoke treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions, hair boosting stem cell-derived growth factors applied with microneedling, and organic transdermal patches.

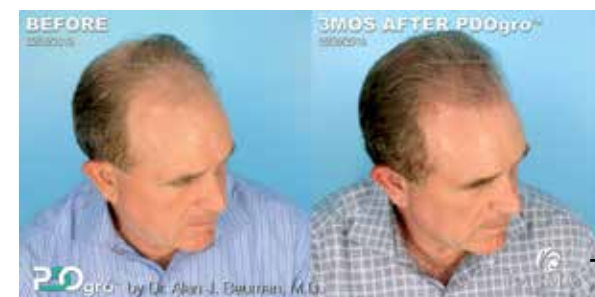
If you're worried about hair loss or thinning, or looking for ways to boost the overall health of your hair, it is important to consult with an experienced hair restoration physician



The first step is scheduling a consultation with a qualified Hair Restoration Physician.



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



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

– someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth. Patients should look for a doctor who is a full-time medical hair loss specialist who is certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).

For more information on how advanced hair restoration treatments can help you look and feel your best this year, please visit www.baumanmedical.com or call 561-220-3480.



SELFIES



• **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



feel relief by breakfast #1 ER nearby

It's late at night, and you wake up in pain. You need medical attention fast. Fortunately, there's an ER nearby with the life-saving expertise you trust. We're home to board-certified emergency physicians, critical care nurses, stroke specialists and chest pain experts. We've got the comprehensive emergency care you need, 24 hours a day. So by the time morning comes around, you'll feel relieved. Feel better. **Feel whole.**

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