

CENTRAL FLORIDA'S

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

May 2020

Polk/Brandon Edition – Monthly

**COVID-19 CAUSING STRESS?**

**5 WAYS TO SUPPORT  
YOUR HEARING HEALTH**

**CYPRESS MEDICAL  
WEIGHS IN ON WEIGHT LOSS**

**TOP WARNING SIGNS OF  
NEUROPATHY**

**A NEW ERA FOR  
BUNION CORRECTIONS**

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**Dr. Grazyna Pajunen**

# WHAT IS TELEMEDICINE?

By Gina Roberts-Grey

**W**hen you're feeling under the weather or have questions about your health, you usually schedule an appointment with your primary care physician. In after-hour situations, you may even head to an urgent care clinic. But as communication technology advances, your options for care are expanding. Through telemedicine services, you can receive medical advice anytime, anywhere, without leaving the comfort of your home.



## THE BASICS OF TELEMEDICINE

Since the 1950s, healthcare providers have been offering remote services. This allows patients to receive healthcare without leaving their home, office, dorm room, hotel, or beyond. Telemedicine first began on landline telephones. With the advancement of technology, telemedicine has grown to offer services in a variety of ways. This includes online portals managed by your personal physician, video software that allows for remote consultations, and apps managed by companies offering telemedicine services like HeyDoctor by GoodRx.

Telemedicine allows you to discuss symptoms, medical issues, and more with a healthcare provider in real-time. Using telemedicine, you can receive a diagnosis, learn your treatment options, and get a prescription. In cases where it's necessary, healthcare providers can even monitor readings from medical devices remotely to keep an eye on your condition.

### There are three common types of telemedicine:

- **Interactive medicine:** Also called "live telemedicine," this is when physicians and patients communicate in real-time.
- **Remote patient monitoring:** This allows caregivers to monitor patients who use mobile medical equipment to collect data on things like blood pressure, blood sugar levels, etc.
- **Store and forward:** Providers can share a patient's health information with other healthcare professionals or specialists.

## THE DIFFERENCE BETWEEN TELEMEDICINE AND TELEHEALTH

The terms telemedicine and telehealth sound the same, but they have a definite difference between them.

**The World Health Organization (WHO)** defines telemedicine as "healing from a distance." This gives you the freedom to receive treatment without needing to schedule an appointment with your physician or go to their office for medical services.

**HealthIT.gov** defines telehealth as "the utilization of electronic information and telecommunications technologies to support and promote long-distance clinical healthcare, patient and professional health education, public health and health administration." Telehealth is not a service. It is a way to improve patient care and physician education. Telehealth expands beyond telemedicine, to cover non-clinical events like appointment scheduling, continuing medical education, and physician training.

## HOW DOES TELEMEDICINE WORK?

Telemedicine isn't appropriate for emergency situations like heart attack or stroke, cuts or lacerations, or broken bones that require x-rays, splints, or casts. Anything that requires immediate, hands-on care should be handled in person. However, telemedicine is very useful for simple issues and follow-up consultations.

For instance, if you suspect that a cut may be infected, you can schedule a virtual consultation with your healthcare provider to discuss your symptoms. If you're on vacation and think you're coming down with strep throat, you can communicate with your primary care physician. If you need a birth control medication, you can chat through your needs and get a same-day prescription.

It's helpful for a variety of other health issues including psychotherapy and teledermatology, which offers consultations of moles, rashes, etc. Colds and flu, insect bites, sore throats, diarrhea, and pink eye are some other common issues addressed using telemedicine.

## THE BENEFITS OF TELEMEDICINE

The need for more accessible healthcare is a driving force behind the growth of telemedicine. Whether a patient lives in a remote area or has a busy schedule that doesn't allow time to visit a physician, telemedicine can help improve a person's overall health and well-being.

## BUT IT CAN ALSO HELP YOUR FINANCIAL HEALTH.

Access to a telemedicine provider can reduce the need to visit the emergency room. According to a 2017 study, the average telemedicine visit costs \$79. The average doctor's visit is \$149 and the average trip to the emergency room is \$1,734.

As the popularity of telemedicine grows, many health insurance plans are beginning to offer coverage for telemedicine visits. Some states have enacted laws that require health insurance plans to reimburse telemedicine visits at the same rate as in-person doctor visits. It's best to check with your specific plan's benefits before using telemedicine to understand your financial obligation.

Medicaid may also offer reimbursement for telemedicine services as long as they meet all federal requirements and eligibility.

## GIVE IT A TRY

Telemedicine may be a viable option the next time you come down with a case of the sniffles or need a consultation about the use of a certain medication. Check if your current provider offers telemedicine services that are covered under your insurance plan, or try a telemedicine option like HeyDoctor by GoodRx.



# 5 WAYS TO SUPPORT YOUR HEARING HEALTH

Kevin T. Barlow, Au.D.



**A**S WE CELEBRATE BETTER HEARING & SPEECH MONTH IN MAY — AND THE THEME, “COMMUNICATION FOR ALL” — IT’S A GREAT TIME TO REMEMBER THE MANY WAYS HEARING MAKES A DIFFERENCE IN YOUR LIFE. AND TO HELP YOU MAINTAIN THOSE CONNECTIONS THAT MATTER, WE’RE SHARING FIVE EASY TIPS FOR HEARING YOUR BEST.

## 1 KNOW THE SIGNS

More than 466 million children and adults have disabling hearing impairment, according to the World Health Organization, but nearly all hearing loss can be treated. One of the first steps is recognizing the potential signs. If you experience muffled speech sounds, difficulty hearing on the phone or in a crowd, trouble understanding women's or children's voices, or complaints from loved ones about your TV or radio volume, consider a professional hearing test.



## 4 BRING ON THE BANANAS

Healthy eating offers endless benefits, including better hearing wellness, so consider selected fruits, vegetables, legumes, and other key foods that can make a difference. Bananas, for example, pack potassium, which plays a role in regulating the inner-ear fluid crucial to healthy hearing. Look for foods rich in vitamins and minerals such as A, C, E, folate, magnesium, and zinc, too.



2

## CURB THE NOISE

Did you know? Noise-induced hearing loss – a largely preventable public-health problem – affects children and adults and is on the rise, according to the Hearing Health Foundation. Whether rocking out at a summer concert, enjoying New Year fireworks, or using power tools, consider limiting the duration of your noise exposure and wearing quality hearing protection.



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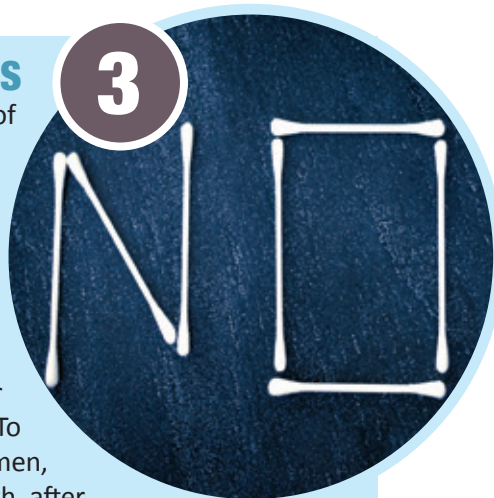
## SCHEDULE REGULAR CHECKUPS

It's easy to make better hearing a family affair by scheduling hearing evaluations for the whole household. How often? At least once a year, just as you would for your eyes or teeth. Staying atop your hearing health helps catch any potential changes or problems early, which is important for overall wellness.



## 3 HOLD THE SWABS

If you like the feeling of a cotton swab rubbed in your ear, you're not alone. It's a common habit but, oh, so dangerous. Sticking objects in your ear can cause injury and push earwax farther into the ear canal. To remove excess cerumen, use a warm soft cloth after washing or showering, or soften the wax with drops of warmed olive oil, water, or a commercial solution — as long as you don't have a perforated eardrum. In cases of persistent ear pain, hearing loss, or blockage of the ear canal, contact us for a professional evaluation.



At Winter Haven and Ridge Audiology there is nothing more important to us than the health and well-being of our patients and employees. We are closely following guidance on COVID-19 (Coronavirus Disease 2019) from the Centers for Disease Control and Prevention (CDC) and the Florida Department of Health to stay on top of all developments. In accordance with interim guidance from the CDC, we are also taking additional measures to further strengthen our protocols and safeguard our patients' health. Our office is committed to staying open to support your hearing needs. Give us a call at **(863) 293-6507** to learn more about our additional ways to support your hearing health!

**CALL TODAY to schedule your appointment**  
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# Cypress Medical

## WEIGHS IN ON WEIGHT LOSS

WITH FAD DIETS, EXTREME LIFESTYLE DISRUPTIONS AND UNHEALTHY DIET PILLS, AND OTHER MEANS TO CONTROL APPETITE, OVER THE YEARS, MOST PEOPLE HAVE LOST A FEW POUNDS, ONLY TO REGAIN THEM RATHER QUICKLY ONCE THEY STOP USING THOSE MEANS. WHY? BECAUSE THE UNDERLYING CONDITION IS WHAT'S REALLY KEEPING YOU FROM LOSING WEIGHT. IF THESE CONDITIONS ARE LEFT UNTREATED, YOU WILL NEVER BE SUCCESSFUL, AND YOU CERTAINLY WON'T ACHIEVE OPTIMAL HEALTH.



### UNDERLYING CONDITIONS THAT DERAILED WEIGHT LOSS

Illness and disorders can contribute to weight gain and also make it difficult to lose weight.

If you're even just a few pounds overweight, your body is inflamed. Inflammation is the root cause of disease and disorders. These underlying condi-

tions include thyroid dysfunction, autoimmune disease, hypertension, high cholesterol, IBS, and fibromyalgia, to name a few. Additionally, Metabolic syndrome causes inflammation and weight gain. It is a condition in which the high insulin and leptin levels are resistant, causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for diabetes, heart disease, cognitive decline, and coronary disorders.

### WHAT YOU CAN DO

Treating the underlying condition or root cause of your weight gain is critical for your overall health and weight loss. Inflammatory conditions are typically caused by environmental toxins, the food we eat, chemical exposures, and not enough exercise. These factors can be controlled for the most part by you! Eating a clean diet that works best for you and exercising are great ways to get



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. 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.

Dr. Raphael Lopez is Board Certified in Internal Medicine and is a member of the ABIM. The ABIM is the American Board of Internal Medicine that sets the standards and certifies the knowledge and skills of physicians who practice internal medicine.

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

**To finally have a doctor that knows you by name, thoroughly knows your medical history, and manages your health as if you were a close friend or family member, call Cypress Medical center today at (863) 421-4400!**

started, but you still need to treat your root cause, which requires in-depth testing and lab work is critical to understanding your body's specific needs and the root cause of your conditions

### **OBESITY AND ILLNESS ARE A CATCH 22**

It's critical to keep your weight down. Being overweight leads to chronic illness just as much as illness leads to weight gain and the inability to shed pounds. The right doctor can help you succeed and live a healthy lifestyle.

### **CYPRESS MEDICAL – DR. LOPEZ**

Cypress Medical is a sole practice utilizing old school medicine and incorporating the latest technology. Dr. Lopez has been in Polk County practicing since 2002, treating geriatric patients and has been the medical director for nursing homes. Dr. Lopez has in house diagnostics such as an ultrasound for the convenience of his patients and for his expertise in diagnostic management. He accepts self-pay patients, and Dr. Lopez has admitting privileges at both BayCare and Advent Health hospitals.

Medication Management is a critical detail that often gets overlooked in larger practices. This can

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



**295 Patterson Rd Suite B, Haines City, FL 33844**

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**cypressmedicalcenter.com**



# TOP WARNING SIGNS OF NEUROPATHY



**A**ROUND 20 MILLION AMERICANS HAVE PERIPHERAL NEUROPATHY, A PAINFUL AND DISRUPTIVE CONDITION THAT IS DUE TO NERVE DAMAGE, ALTHOUGH THE CONDITION MAY BE UNDERDIAGNOSED. NEUROPATHY SYMPTOMS VARY SIGNIFICANTLY, AND MANY PEOPLE MIGHT NOT KNOW THAT THEY'RE EXPERIENCING SIGNS OF NERVE DAMAGE.

At Spine & Pain Institute of Florida in Lakeland, Florida, Dr. Navdeep Jassal, our board-certified pain management expert, diagnoses and treats neuropathy with state-of-the-art interventions to reduce pain and restore function.

The first step of getting treatment is scheduling an appointment with Dr. Jassal for diagnosis. But what are the warning signs that you have neuropathy, and when should you talk to a doctor?

## **WARNING SIGNS OF NEUROPATHY**

Neuropathy can affect your sensory, motor, and autonomic nerves. Your sensory nerves provide sensation to your skin, like touch, temperature, and pain. Your motor nerves control movement, and your autonomic nerves regulate body functions like your heart rate, digestion, and bladder.

Your symptoms depend on the type of nerve that's affected. In most cases, the symptoms that most patients experience first include:

- Numbness or tingling in your hands or feet
- Weakness in your arms or legs
- Sharp, burning, or throbbing pain
- Heightened sensitivity to touch or temperature

You might also notice that you become less coordinated. For example, you might start to catch your feet on uneven surfaces or stairs. Some patients discover that they can't hold pens or cups of coffee because of weakness or lost dexterity in their hands.

However, if you have neuropathy due to autonomic nerve damage, you might also experience digestive, bladder, or bowel problems or pain. Some patients also experience fluctuations in their blood pressure that causes dizziness or lightheadedness.

You should make an appointment with Dr. Jassal if you have any of these painful and disruptive symptoms. Other health issues can sometimes trigger similar symptoms, and getting an accurate diagnosis is critical for starting an effective treatment plan.





### THE CAUSES OF NEUROPATHY

Most neuropathy cases — between 30-40% — are idiopathic, which means that the condition has no discernable cause. Another 30% of diagnosed cases are nerve damage caused by diabetes. If you have diabetes, your physician should check for signs of nerve damage at every appointment. They often touch the bottom of your feet with a thin stylus or wire to see if you can feel the sensation.

The other potential causes of neuropathy include:  
Physical trauma

- Autoimmune diseases like lupus and rheumatoid arthritis
- Viral and bacterial infections
- Tumors
- Bone marrow disorders

Your risk of neuropathy is higher if you abuse alcohol or have vitamin deficiencies, particularly of the B vitamins. Some medications, such as chemotherapy, can also increase your risk of neuropathy.

### DIAGNOSING NEUROPATHY

If you think you might have neuropathy, our first step to confirm your diagnosis. Dr. Jassal reviews your medical history and asks about your symptoms. He completes a neurological exam to evaluate your reflexes, muscle strength, and ability to feel sensations, as well as your posture and coordination.

He might also order blood tests to check for other diseases or deficiencies that could contribute to your condition. He uses nerve function tests,

including electromyography and nerve conduction studies, to look for signs of nerve damage and locate the affected nerve(s).

In some cases, we might also recommend an MRI, skin biopsy, or nerve biopsy to look for abnormalities in your nerve endings.

### NEUROPATHY MANAGEMENT

If you have neuropathy, we offer treatment plans that are tailored to address your specific needs. If you have nerve pain, we provide treatments to block errant pain signals such as:

- Radiofrequency ablation
- Spinal cord stimulators
- Peripheral nerve stimulators
- Dorsal root ganglion stimulators
- Steroid injections
- Nerve blocks
- Medication management

We also usually recommend physical therapy to help you restore your muscle strength and tone. Therapy can also help restore your balance and coordination to reduce your risk of falling.

Dr. Jassal might also recommend some lifestyle adjustments to improve your diet and overall health, which can make neuropathy easier to live with.

If your hands and feet are numb, weak, or painful, give our office a call or make an appointment online today for expert neuropathy treatment and support.



### About Dr. Jassal

If you want an award-winning expert who offers the latest treatments to reduce pain, look no further than Navdeep Jassal, MD. At his practice, Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

Dr. Jassal started his medical education at the University of California, San Diego, where he earned his bachelor of science in biology. He then continued onto Ross University School of Medicine in Dominica, West Indies, completing his Doctor of Medicine degree. He completed his physical medicine and rehabilitation residency at the Zucker School of Medicine at Hofstra/Northwell in Great Neck, New York, and was elected chief resident during his final year. Dr. Jassal then rounded out his medical training with a pain medicine fellowship at the University of South Florida Morsani College of Medicine in Tampa, Florida.

Today, Dr. Jassal is certified by the American Board of Physical Medicine and Rehabilitation in both pain medicine and physical medicine and rehabilitation. He leverages his pain medicine specialty to help patients manage even the most complex pain.

Dr. Jassal treats chronic and acute pain, including cancer pain, neurological pain, and musculoskeletal pain. To do this, he offers each patient a personalized interventional treatment plan that may include tailored physical therapy, medication, and procedures like implantable spinal cord stimulators, intrathecal drug delivery systems, lumbar decompression, minimally invasive sacroiliac joint fusion and more.

When he's not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida's pain medicine fellowship. He is also actively involved in research to uncover new, minimally invasive ways to treat spinal pain.

Dr. Jassal is an award-winning physician. In the Tampa edition of Top Doctor, he was voted the #1 Tampa pain physician in 2018 and was runner up in 2019. The University of South Florida named him Pain Faculty Attending of the Year in 2018. In addition, he recently won first place at the annual meeting of the American Society of Interventional Pain Physicians for his research and consistently presents at regional and national conferences on his outcomes.



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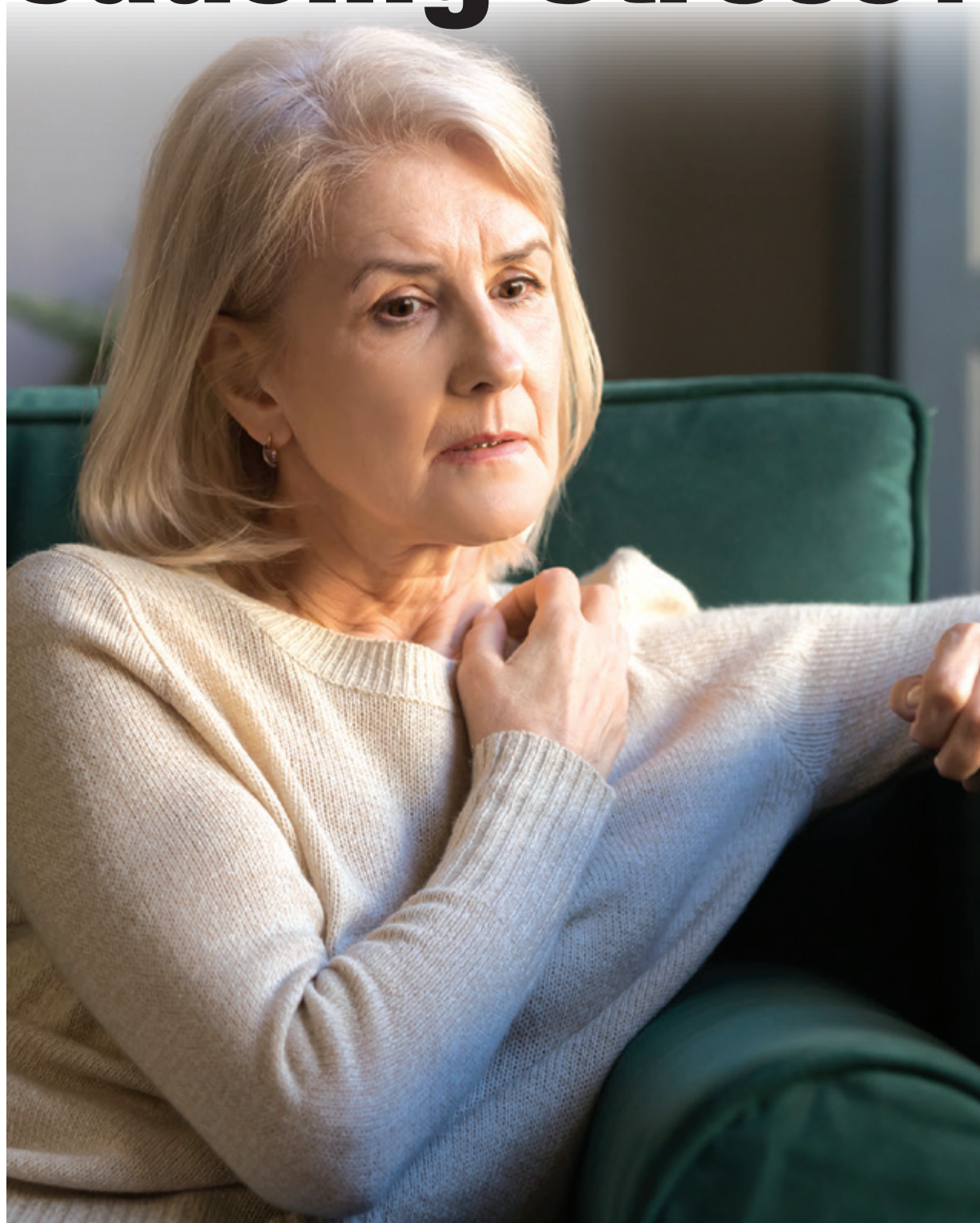
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# COVID-19 Causing Stress?



**D**uring this time of social distancing and isolation to help slow the spread of COVID-19, your social media feed most likely looks a little different. Some friends may be enjoying time outdoors, baking, or playing with their kids. Others could be displaying a lot of stress over the situation. Knowing what to feel can be confusing. One thing is for sure – if you’re feeling anxious, you’re not alone.

“Extremely uncertain times like we’re experiencing right now are bound to heighten our stress and anxiety. We’re human. However, what can exacerbate this distress is when we begin expending significant energy being ‘anxious about being anxious,’” said Brendon Comer, behavioral health therapist at Banner Health Clinic in Colorado. “Practicing self-compassion and offering kindness and understanding to this increased discomfort may offer the opportunity to open up space for a calmer, gentler energy amid our inevitable worry. We can’t, nor are we expected to, be perfect.”

#### RECOGNIZE THE SIGNS

We’re all trying to figure out how to navigate a new normal with COVID-19. With this comes new feelings, but how do you know if you should be concerned about these feelings? According to the Centers for Disease Control and Prevention (CDC), stress and anxiety around COVID-19 may include:

- Changes in your eating habits
- Difficulty sleeping or a shift in your sleep pattern
- A strong sense of fear about your health or the health of your loved ones
- Having trouble focusing or concentrating
- An increase in your use of alcohol, tobacco or other drugs
- Your chronic health problems getting worse

If you recognize any of these symptoms, your next step is to take action and find ways to improve your mental health.





### TOOLS AND TECHNIQUES TO FEEL BETTER

You're not alone in your stress and anxiety. Because we're all experiencing a similar situation, there are many tools available to help you deal with coronavirus stress while you are socially isolated.

- **Meditate:** Meditation has long been used to increase relaxation and calmness. There are lots of meditation apps you can choose from that easily download onto your phone or tablet. Just search your app store.
- **Exercise your brain:** It's not healthy to be constantly focused on what's happening with COVID-19 while you are social distancing. Consider trying activities that stimulate your brain and take your mind off the coronavirus, like crosswords, Sudoku or working on a puzzle.
- **Practice yoga or tai chi:** The ancient practices of yoga and tai chi have both been shown to improve mental and physical health. Whether it's your first time or you are looking for new inspiration, there are plenty of apps, websites and online videos to help guide you through your practice.

- **Stay connected, virtually:** Maintaining connections with friends and family is critical to boosting your mental health. Although you can't connect in person, there are wonderful ways to stay connected virtually. Software and apps like Zoom, What's App or Google Hangout allow groups of people to visit through video – the perfect way to stay socially connected while social distancing.
- **Create Daily Routine:** We crave predictability in daily life. Maintaining bedtimes and waktimes, mealtimes, work times & playtimes will go a long way in creating structure and reliability in your and your family's life.

We are amid unprecedented circumstances as all of us are experiencing hour-by-hour, minute-by-minute changes, fears and uncertainties. "Many of us are being asked to work from home and are having to balance two obligations simultaneously – working from home while also parenting or caregiving at the same time. In addition, front-line workers are experiencing the illness, fears and stress of patients while also worrying about

their own health," said Comer. "Building in time each day to take care of our bodies and minds can go a long way in managing these multiple coronavirus-related stressors, increasing our chances of staying well."


Finally reach out for help. We live in a time where a therapist is simply a phone call or a video conference away. If you are struggling emotionally, don't do it alone. Reach out to a trained professional who can help you with the tools to weather this storm, strengthen yourself and your relationships.

**Sybil Berryman** is a Licensed Clinical Social Worker who has been working with couples, individual and families to weather life's storms for more than 20 years. Working together I help my clients overcome the impact depression and anxiety can have on one's life, relationships and career. To learn more about teletherapy and how to cope in this trying time please reach out directly **239-250-4104**.



# A NEW ERA FOR BUNION CORRECTIONS

## Making Bunions a thing of the past with this game changing surgical procedure



**A** form of arthritis can cause painful, red, bony growths; consequently, bunions can also be hereditary and run in families, especially in females, generation after generation. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. One of the leading exacerbations of a bunion is from wearing shoes that are too tight, too narrow or too high. All of this causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths.

### YOU HAVE OPTIONS

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is not unusual, as most bunions fail to heal on their own, surgery is the definitive answer.

In traditional bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks.

The problem with traditional surgery is that it doesn't address the root cause of the bunion deformity, but rather temporarily or cosmetically removes the bony growth, leaving the real deformity, which is midfoot, unaddressed.



That’s why it’s not uncommon for bunions to return after surgery.

In reality, bunions are complex 3D deformities caused by an unstable joint which allows your bone to lean, elevate, and rotate out of alignment.<sup>1</sup>

**THERE IS A BETTER WAY!**

A procedure called Lapiplasty®, which is a 3D surgical approach, fixes the 3D deformities at the core with a minimally invasive approach. Instead of cutting and removing bone, it corrects the deformity at the mid-bone malformation (metatarsal bone) without unnecessary bone removal. Lapiplasty® moves the metatarsal bone back into its normal position and secures it there permanently. You’ll never need another surgical or therapeutic intervention for the bunion again.

**HOW THE LAPIPLASTY® PROCEDURE WORKS**

The Lapiplasty® Procedure naturally restores your natural anatomy. There’s no need to cut and shift the normal metatarsal bone as with osteotomy (2D surgery). The entire metatarsal bone is simply rotated and shifted back into position, eliminating the unsightly bump. And, the unstable foundation is permanently secured with patented, titanium technology allowing you to get back on your feet quickly!<sup>1</sup>

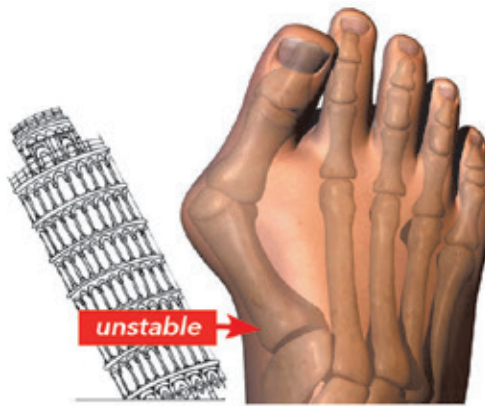
This 3D approach not only treats the root cause of the bunion, but it also repositions the toe and foot alignment precisely as it once was, and it lessens the healing time significantly, and it’s permanent.

**BUNIONS ARE PAINFUL!** It’s always best to be proactive and get them treated before they get too advanced.

A podiatrist will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.

**“IT’S A GAME CHANGER”**

– Dr. Gabriel F Delgado



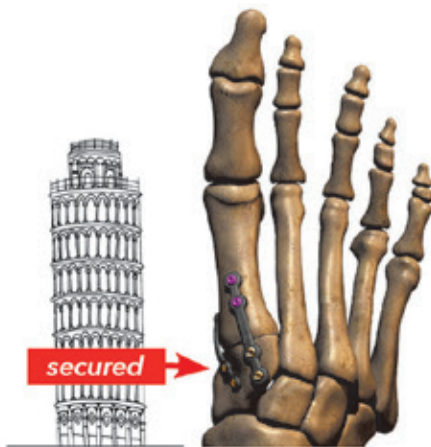
**Bunion Deformity**

An unstable foundation allows the metatarsal bone to drift out of 3D alignment, causing the visible “bump” on the inside of the foot.



**Osteotomies (Traditional Surgery)**

“Osteotomies” target the cosmetic bump by cutting and shifting the bone in 2D, but do not address the 3D deformity or the unstable foundation.



**Lapiplasty® 3D Bunion Correction**

This advanced procedure precisely corrects the 3D metatarsal alignment and secures the foundation, allowing you to walk within days of surgery.\*



**Hallux Valgus**

**Lapiplasty**

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.

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**References:**

1. Treace Medical Concepts, Smith B, et al. 2017 AOFAS Annual Meeting, Seattle, WA, 2019, Treace.com





# RELIANCE MEDICAL CENTERS – SERVING THE WHOLE COMMUNITY FOR THE GREATER GOOD

**D**uring times of adversity, you can tell the real character of an organization. An example of passionate corporate leadership is when a company not only rises to the challenge but is also able to plan for the future. It is easy to see that Reliance Medical Centers is stepping up for their employees and the community.

As soon as Reliance Medical Centers identified COVID-19 was going to have a significant impact on our community, they knew that as a primary healthcare facility, they only had one option, to step up and support the community as a whole.

As a medical center specializing in healthcare for seniors, Reliance is not just supporting its patients; it's supporting any seniors across Polk County that need help. Here are just some of the services Reliance is providing across the community.

## Phone Consults

This service is available to any senior that wants to consult with a doctor or registered nurse about a condition they may be experiencing. The service will ensure that no matter what, every 65+ adult

can gain direct access to a doctor regardless of their insurance provider.

## Drive by and Call-out testing services

If a patient calls in and is identified as needing a test, Reliance has set up both a drive-by test service and a mobile clinical team that will go to the patient to take a sample for immediate testing. It allows a patient to remain isolated. Smart!

## Introduction of a specific COVID-19 triage protocol

Reliance has introduced a new service to address COVID-19 concerns safely. By merely calling Reliance, a medical professional will triage and advise anyone worried about being a carrier or has come in contact with the virus. This service is open to anyone in Polk county.

## Remote Medical Concierge Services

Reliance has launched a COVID-19 Monitoring Program where tested patients receive monitoring calls from a Personal Medical Concierge every 24-48hrs until test results are obtained. Reliance is offering medical support and guidance during and after the test results to ensure safety and maximum recovery.



Dr Carlos Romero - Chief Medical Officer





*Winter Haven Clinic*



*Tasha Saca Manager of Wellness and Strategic Partnerships and Debbie Freeze Activity Coach*



*Aaron Landry, Wellbeing Advisor*



*Roberto Martinez – Chief Administration Officer*

**Food Parcel Delivery Services**

Reliance Medical Centers has generously donated their chauffeur-driven vehicles and drivers to local charities and non-profits to aid in supporting the delivery of food to seniors in need.

**Prescription Delivery Services**

Reliance’s Transportation Team is also delivering prescriptions to any senior in Polk County, regardless of insurance or primary care provider. Reliance has made it clear they are here to meet the needs of the community during this difficult time.

**Virtual Wellness Club**

Reliance has always promoted wellness and healthy living outside of the exam room. To adapt to the stay-at-home order, Reliance Wellness Club is offering a Virtual Wellness Club where Wellness Professionals communicate regularly with participants providing motivation, encouragement, and enrichment so that our seniors can remain healthy and happy at home.

**Community Resource Center Support**

Reliance’s Resource Center is still up and running. They can assist with government funding applications as well as connect those in need with local resources.

**Remote Wellbeing Advisory Service**

Many people are experiencing high levels of anxiety and stress during these unsettling times. The result of this can lead to other physical and mental conditions. To help seniors across the Polk County community, Reliance has set up its Wellbeing Advisory Service so that it can operate

remotely, providing phone consults to anyone across the county that needs support. This service is proving to be a big help to many seniors across the county.

Reliance Medical Centers is a prime example of how a leading organization can step up to meet the challenges facing a whole community and go above and beyond the call of duty – Good Job Reliance!

**Reliance**  
MEDICAL CENTERS

**LOCATIONS**

**Lakeland**

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

**Winter Haven**

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

**RelianceMedicalCenters.com**

# RESOURCE GUIDE

## COVID-19 CORONAVIRUS

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

## POLK COUNTY COVID-19 TESTING SITES

### Drive-Thru Testing

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

### Locations

*Call before you go to any location.*

- **Central Florida Health Care, Inc.**  
COVID-19 testing for ESTABLISHED CURRENT PATIENTS who are showing COVID-19 symptoms. If you meet the criteria above, please call **866.234.8534** for location information and more.
- **Lakeland Regional Health**  
Call your LRH provider (**863.284.5000**) or the hospital and ask to be connected to the Emergency Department (**863.687.1100**) ahead of time for any virus prevention instructions currently in place.

- **Polk County Health Department**  
Call before you come in and visit the Florida Department of Health's suggestions if you think you may have been exposed to coronavirus.
- **Watson Clinic (863) 680-7977**  
High-risk patients are prioritized for testing; criteria and more info on their website.
- **Private Practices**  
We do not currently have information on whether specific private practices are doing COVID-19 testing. Call your provider before going in to see if they are offering COVID-19 testing.

### Polk County Schools

PCPS will resume providing children with school breakfasts and lunches on Monday, March 30. Meals are available from 11 a.m. to 1 p.m., Monday-Friday, at specific sites serving as food

distribution locations. Distribution is similar to lunch distribution during the summer.

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

### General Help/ Assistance Databases:

**211 & United Way of Central Florida** Assistance finding food, paying house bills, accessing free childcare and other essential services. The caring staff will listen to each individual's situation to provide information on available social services, community services and resources that include food assistance, medical clinics, foreclosure prevention, parenting info & special needs, senior services that include free "Sunshine"



# RESOURCE GUIDE

## COVID-19 CORONAVIRUS

daily calls, services for teens and more. You can contact them [www.uwfc.org/about2-1-1](http://www.uwfc.org/about2-1-1) or dial 211.

### **Aunt Bertha**

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

### **Food & Shelter**

- **Lighthouse Ministries**  
Shelter, Residential Services, Hope Centers, Thrift Stores. You can contact Lighthouse Ministries at **863-687-4076** or learn more about their services at [www.lighthousemin.org](http://www.lighthousemin.org)

- **VISTE:** Volunteers in Service to the Elderly Transportation, Hot Meals, Groceries, In-Home Care, Activities for the elderly; you can contact Viste at **863-284-0828** or by visiting [www.viste.org](http://www.viste.org).

## AVAILABLE LOANS FOR SMALL BUSINESSES:

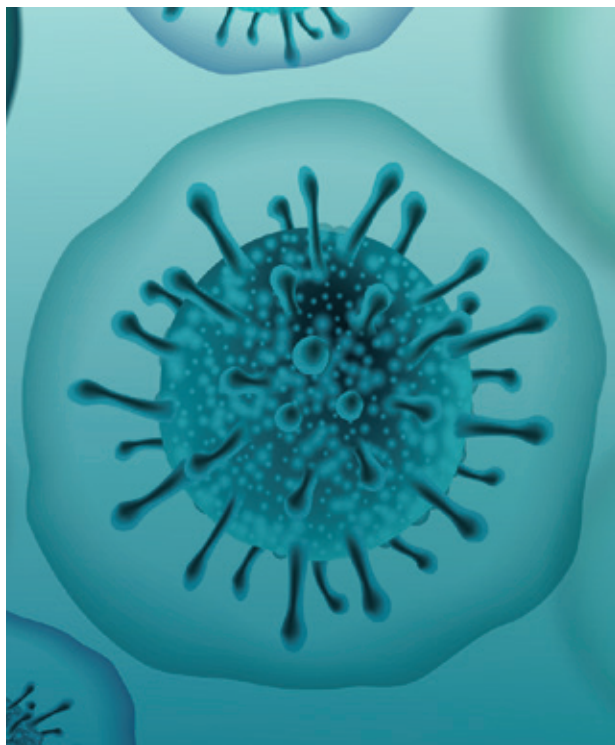
**Two public-funded small business disaster loans are currently available to local businesses impacted by the coronavirus.**

- 1. FEDERAL – SBA Economic Injury Business Disaster Loan**  
a long-term loan (up to \$2 million and terms up to 30 years)  
*Deadline is May 8, 2020*  
<https://floridadisasterloan.org/>
- 2. STATE – Florida Small Business Emergency Bridge Loan**  
a short term loan (up to \$100K for one year)  
*Deadline is Dec. 18, 2020*  
<https://www.sba.gov/>

## UNEMPLOYMENT ASSISTANCE

Florida’s Department of Economic Opportunity is home to the Reemployment Assistance Service Center. It is here that people can apply for benefits. The service is set up to provide “temporary wage replacement” to those who meet the eligibility requirements, according to its website. Here is who is eligible to receive state assistance:

- 1.** Those who are quarantined by a medical professional or government agency.
- 2.** Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns.
- 3.** Those who are caring for an immediate family member who is diagnosed with COVID-19. To find out if you’re eligible, visit the Florida Jobs website: <http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits>.



# FITNESS FROM HOME:

## **Blink Fitness**

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

## **Orangetheory**

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

## **Peloton**

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

## **305 Fitness**

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

## **Gold's Gym**

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

## **Planet Fitness**

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

## **Crunch Fitness**

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

## **Retro Fitness**

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

## **Life Time**

Life Time announced Thursday "Classes on Demand," a way for members and non-

members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more.

## **YMCA**

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

## **Barry's Bootcamp**

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

## **CorePower Yoga**

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



# Don't Give Up!

**O**K. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "*So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*" (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."



**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "*So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion.*" (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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