

CENTRAL FLORIDA'S

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

June 2020

Polk/Brandon Edition - Monthly

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**BAUMAN  
MEDICAL'S**  
"COVID-PROTECTED"  
HAIR TRANSPLANT  
FACILITY

**5 REASONS  
TO MAKE  
BETTER  
HEARING  
A PRIORITY**

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

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# BayCare Opens First Urgent Care in Lakeland

**B**ayCare Health System plans to bring a state-of-the-art urgent care clinic to the Lakeland area this summer. The leading health system in the region will open the first BayCare Urgent Care in Lakeland to provide convenient and easy access to care for patients in that local community.

BayCare Urgent Care located at the Southgate Shopping Center on 2645 South Florida Ave in Lakeland will provide efficient, high-quality and compassionate health care from an experienced team of clinicians for adults and children ages two and older.

At this facility, urgent care will provide a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The center will treat medical conditions without prior appointment including minor illnesses and injuries, flu and colds, sprains and strains, minor cuts, stings and burns.

The clinic also will offer school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

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

BayCare Urgent Care is part of BayCare Health System, a leading not-for-profit organization comprised of 15 hospitals and hundreds of other convenient locations throughout Tampa Bay and central



Florida regions. Due to BayCare's hundreds of access points, BayCare provides a full continuum of care through its inpatient, outpatient, imaging, diagnostic, behavioral health, laboratory and wellness services – providing seamless and convenient care for patients and their families.

*For more information, visit [BaycareUrgentCare.org](http://BaycareUrgentCare.org) or stop by a BayCare Urgent Care center.*



**Urgent Care**

**1-800-BayCare  
[BayCareUrgentCare.org](http://BayCareUrgentCare.org)**

# When to Visit an Urgent Care

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

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

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

## BayCare Urgent Care

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

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

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

BayCare offers a total care experience including X-rays, laboratories, EKGs and dispensing of certain medications. The centers provides school and sports



physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

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*For more information, visit [BaycareUrgentCare.org](https://www.BaycareUrgentCare.org) or stop by a BayCare Urgent Care center.*



**Urgent Care**

**1-800-BayCare  
BayCareUrgentCare.org**

# 5 Reasons to Make Better Hearing a Priority

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

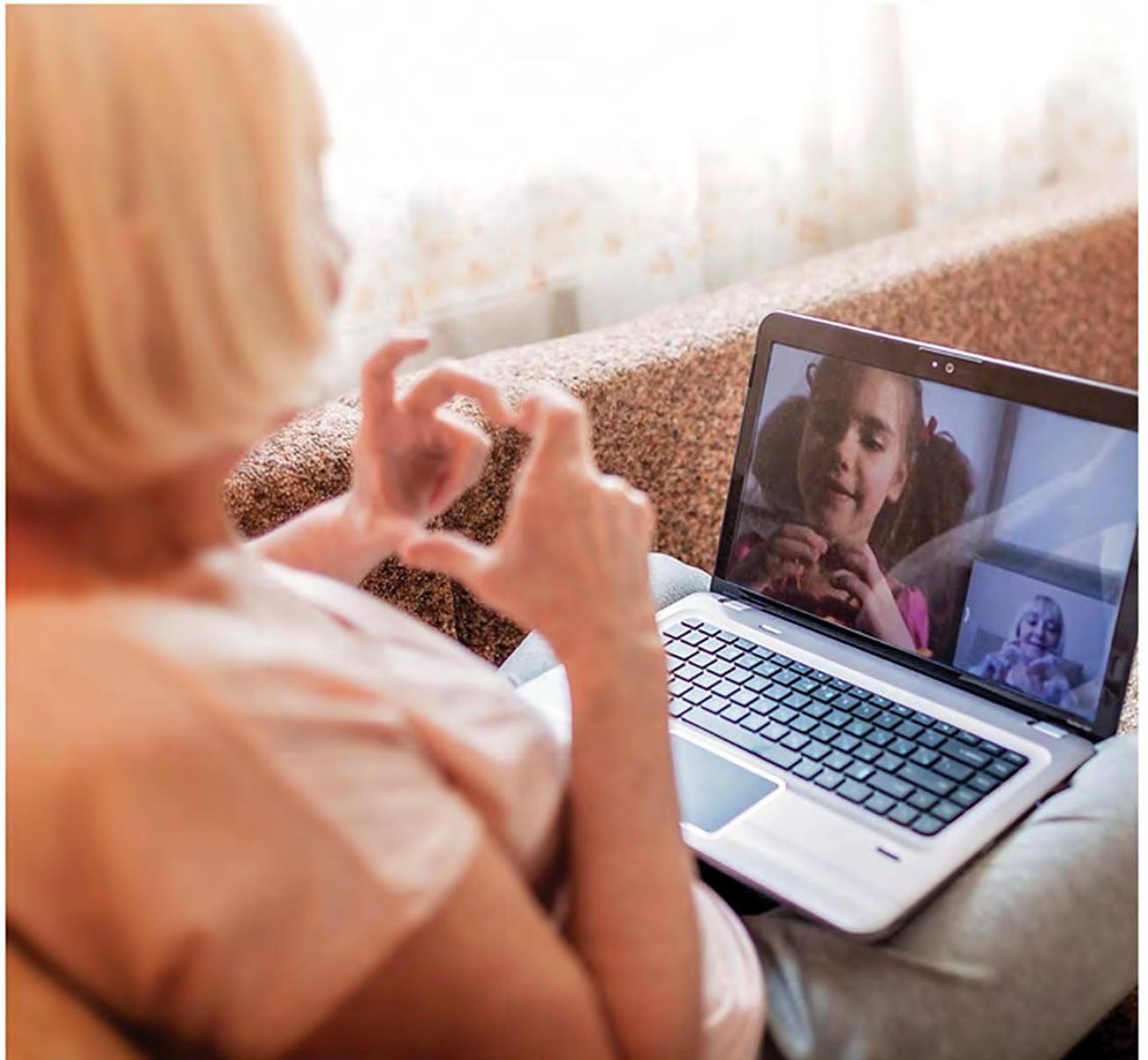
**M**any also may not realize how far-reaching hearing loss can be, with its links to physical, mental, social, and even financial issues that could affect quality of life. Consider these five examples of problems associated with hearing loss, showing the importance of staying atop your hearing health.

## COGNITIVE DECLINE

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

## SOCIAL ISOLATION

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



## DEPRESSION

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

## FALLS

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

## MORTALITY

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

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*As you can see, hearing loss isn't an isolated concern. It affects your communication and, potentially, your overall health and well-being. So don't wait. Just as you would for your eyes and teeth, schedule regular checkups to help keep your ears and hearing health in optimal shape.*

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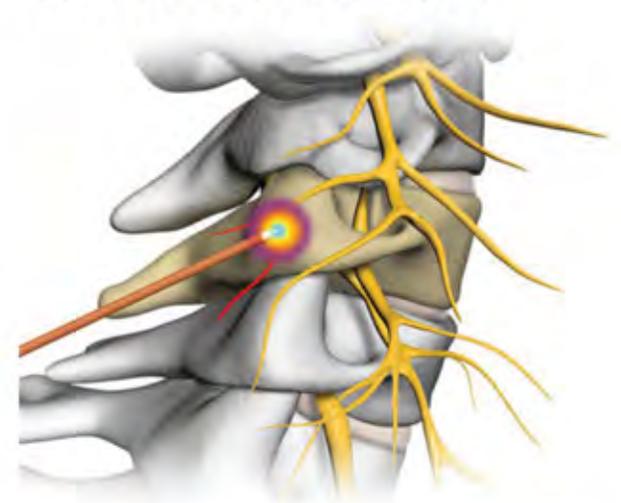
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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



At the Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, and his team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

## WHAT IS RADIOFREQUENCY ABLATION?



Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

## WHAT CONDITIONS ARE TREATED BY RADIOFREQUENCY ABLATION?

Dr. Jassal uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

# A

RE YOU ONE OF THE MILLIONS OF AMERICANS SUFFERING FROM CHRONIC BACK OR NECK PAIN? HAVE YOU TRIED MULTIPLE TREATMENT OPTIONS WITH LITTLE OR NO SUCCESS? IF SO, RADIOFREQUENCY ABLATION MIGHT BE THE SOLUTION TO YOUR CHRONIC PAIN.



It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

#### HOW DOES RADIOFREQUENCY ABLATION WORK?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

Dr. Jassal will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.

#### IS RADIOFREQUENCY ABLATION EFFECTIVE?

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It's possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.

#### ARE THERE ANY RISKS ASSOCIATED WITH RADIOFREQUENCY ABLATION?

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects — which are also uncommon — usually only last 2-3 days.

##### They include:

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Spine & Pain Institute of Florida today.



#### 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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# SENIORS AND COVID-19

As with the flu or other infections, COVID-19 is particularly challenging for the elderly patient population. Those over the age of 60 are having more difficulty fighting the viral infection and many are facing life-threatening symptoms. As with influenza, the risk of breathing dysfunction and pneumonia are what's causing the virus to take such a great toll on seniors. The FDA is working on drugs that are thought to kill the virus, but until then, it's detrimental that all seniors practice good hygiene, and avoid contact with others until the infectious spread has decreased. If you must go out, please treat every person and every area as if contaminated. Wash your hands and disinfect areas that you may have touched. Maintain good healthy habits such as sleeping 7 to 9 hours, eating nutritious meals, practice calming techniques and supplement the immune system with extra vitamin C and any herbal remedies of your choice.

## CYPRESS MEDICAL – GERIATRIC SPECIALTY

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.



### 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 over 35 Alzheimer's dementia patients directly under his care.

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 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.

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!**



295 Patterson Rd Suite B, Haines City, FL 33844

**(863) 421-4400**

**cypressmedicalcenter.com**

# Bauman Medical's "COVID-Protected" Hair Transplant Facility

## Now Offering Limited In-Person Treatments, Continues Virtual and At-Home Services

**H**air loss doesn't happen overnight, even though sometimes it might feel like that. And unfortunately, hair regrowth doesn't happen overnight, either. It takes a patient and strategic approach to achieve optimal results. Our team at Bauman Medical is taking this same approach, as we begin seeing patients again. While we'd love to simply hit "restart" and open the doors - we know this situation calls for a more patient, and strategic, approach to be successful.

Here is a look at what patients can expect from Bauman Medical during this first phase of reopening as a "COVID-Protected" facility.

### Treatments Now Available

We've all had our lives uprooted and put on hold over the last two months. This has meant different things to different people, but we have all been impacted. We've had to put on hold many medical treatments and patients have had interruptions into their regimens, but we are ready to slowly and safely help our patients get back on track.

We are again seeing in-person patients for:

- Hair Transplant Procedures
- Platelet-Rich Plasma (PRP) Treatments
- PDOgro™ Treatments

While we are excited to again offer these services to our patients, at this time we are still delaying in-office follow-ups or consultations until next month - however, we will continue to offer virtual appointments to allow our patients access to our team.

### Virtual Consults, Follow-ups

Not surprisingly, virtual visits and telemedicine are surging in popularity during these uncertain times. At Bauman Medical, telemedicine, in one form or another, has been a routine part of our practice for over two decades and has become an integral part of our practice over the past couple



*Bauman Medical's team meticulously sanitizes their "COVID-Protected" facility throughout the day and performs extensive Deep Cleaning Protocol on a nightly basis.*

of months. We are encouraging patients to continue to take advantage of this service at this time, when possible, to help keep our patients and staff safe and healthy through this transition. From the convenience of your home, without the risk of traveling, patients can connect with our team from their smartphone, tablet or computer, through services like ZOOM and other platforms, to privately discuss their hair loss questions or concerns, hair restoration treatments, initiate or refill prescriptions, answer procedure questions, as well as execute procedure or follow-up appointment scheduling.

As we all know, there has never been a greater need for telemedicine than right now, and because this has been a part of our practice for years, we are equipped to handle our patients' needs safely and effectively.

### Don't Forget About the Bauman eStore

We know that while patients may be eager to get back on track with their hair restoration treatments, they may not feel comfortable yet with visiting us in person. The good news is new offerings from the "Bauman eStore," like our new



*Dr. Alan Bauman performs an FUE Hair Transplant at his state-of-the-art "Hair Hospital"*

**Virtual PRP™ Home Kits** - which offer patients an effective at-home treatment option. The Virtual-PRP™ Home Kit is the next best thing to an in-office PRP or PDOgro treatment and combines low-level laser therapy, stem cell technology, and potent nutraceuticals in a powerful, at-home solution. This kit allows patients to begin, or continue, their hair restoration journey without sacrificing quality and effectiveness.

Additionally, our eStore is open for haircare, nutritional, laser device, and other product orders and refills (excluding prescription items) for discreet shipping directly to your home. If you have questions about what hair growth treatments you could be doing at home during this time (e.g., prescriptions, laser devices, vitamins/supplements, hair care, VirtualPRP™ Home Kit, etc.) please contact the office or set up a Virtual Consultation.

**Moving Forward**

On a closing note, we'd like our patients to know that during these uncertain times, we will continue to keep your health and safety as a top priority as we help you achieve your hair restoration goals. To learn more about the latest advancements in hair restoration, or to schedule an in-person or virtual appointment with Dr. Bauman, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

**What Patients Can Expect at Bauman Medical's "COVID-Protected" Hair Transplant Facility:**

- We will continue to vigilantly screen our staff for ANY health issues.
- We are pre-screening patients in advance of their arrival to the office.
- We are screening patients when they arrive, including temperature checks and symptom screenings.
- We are prepared to conduct COVID testing with patients and staff if necessary
- We are limiting the number of patients in our facility, especially in waiting areas, to maintain social distancing.
- All visits will be by appointment only, no walk-in appointments will be accepted at this time.
- All patients will be required to wear a mask and all of our staff will be fully equipped with the appropriate protective gear.

As we have done since the beginning of this situation, we will continue to meticulously sanitize our facility frequently throughout the day, including disinfecting all surfaces, equipment, and seating areas before and after each patient, and performing our extensive Deep Cleaning Protocol on a nightly basis.



**PDOGRO™**  
by Alan J. Bauman, MD  
*Dr. Alan Bauman's PDOgro™ "Lunchtime" Hair Restoration treatment can be done in just over an hour*

**About Dr. Alan J. Bauman**



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

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

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

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



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
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# RELIANCE MEDICAL CENTERS: Community Service in Times of Need

**R**eliance Medical Centers has introduced numerous initiatives to support the senior's community during the last two months, several of which have gained Reliance an enviable reputation for being one of the most generous and caring organizations in Polk County. Two, initiatives in particular, really stand out as prime examples.

## Donating Personal Safety Kits to Seniors in Polk County

With safety equipment and hand sanitizer extremely hard to come by, Reliance Medical Centers made contact with suppliers to find out who could deliver bulk supplies. Not for their direct benefit or for the benefit of staff, who had ample supply, but for the seniors of Polk County.

"Everyone has been finding it hard to get supplies of sanitizer and face masks. However, with seniors being the most vulnerable in our society, we wanted to do all we could to find sources of these items and give them to any senior that needs them in Polk County." Said Roberto Martinez, Co-Founder and Co-CEO of Reliance Medical Centers. He went on to explain, "It was not easy. We made call after call to different suppliers, many of whom just did not have the stocks available to make bulk deliveries in the numbers we wanted. Eventually, we found a separate supplier for face masks and one for sanitizer, and we ordered big."

Since the items arrived, staff members have continuously worked in rotation to make up the kits. Each kit includes three masks, three pairs of gloves, and a bottle of hand sanitizer. As the first batch of kits came off the human production line, social media posts explaining that personal safety kits were available to all seniors in Polk County got published. The response has been amazing! Since the announcement, more than two hundred seniors a day have been requesting kits, and the Reliance Transportation Department Team has been working tirelessly to deliver them.





**Donating Transportation Services for Food Distribution**

It was clear that when the stay-at-home order took effect, many seniors were unable to go out to buy food; some did not even have the means to do so due to the late arrival of stimulus checks. 'Saving our Seniors,' a charity located in Tampa, wanted to help by delivering food supplies to seniors in Polk County but did not have the transportation required. As soon as Reliance Medical Center's discovered this, Reliance's transportation service immediately stepped up and teamed up with Saving our Seniors to resolve this logistical shortfall.

Since then, Reliance's transportation team has been collecting frozen, ready-made meal supplies from Tampa and delivering them to seniors across Polk County as well as helping with deliveries in Tampa. The meals provided are not just off the shelf frozen meals; they are balanced meals specially prepared to meet the nutrition needs of seniors in these difficult times, and each household is provided enough meals for a full week until the next delivery.

In addition to food, some of the deliveries have included durable medical equipment; things like wheelchairs, crutches, and nebulizers; all manner of health items that seniors have been unable to gain access to during the stay-at-home order.

It's clear that the very essence of Reliance Medical Centers stems from a desire to support all seniors right across the community. It's part of the organization's DNA, put there by the co-founders, Dr. Carlos Romero and Roberto Martinez, who continually look for ways to improve the health and well-being of older adults.



**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**



# Do You Have Skin Irritations on Your Legs or Feet? HOW A PODIATRIST CAN HELP

**P**odiatrists 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. <sup>1</sup>

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. <sup>1</sup>

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.



**Dr. Gabriel F Delgado**  
**FACFAS**

**LAKELAND OFFICE**  
203 Kerneywood St.  
Lakeland, FL 33803

**BARTOW OFFICE**  
510 West Main St.  
Bartow, FL 33830

**863-686-1641**

[midflfootanklevein.com](http://midflfootanklevein.com)

# 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.

# Spiritual Wellness



Brent Myers

## You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

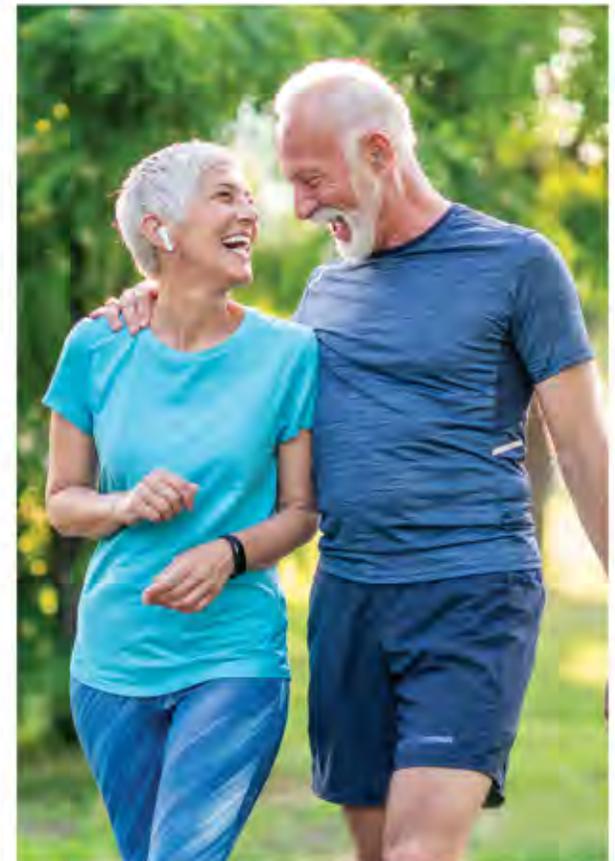
### *His Command*

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



**CHRIST**   
FELLOWSHIP

# THE RIGHT CARE IS NOW IN YOUR NEIGHBORHOOD.

For life's aches, pains, sprains and strains, BayCare Urgent Care can help. And we're now open in your neighborhood. We offer everything from preventive care like routine physicals, to urgent care for colds and flu, for adults and children age 2 and older. With extended evening and weekend hours, you can walk in when it's convenient for you.

We also offer a simple way to hold your place in line with our online Save Your Spot™ tool. It's not a reservation, but it's a great way to reduce your wait time. Choose the time you'd like to come in and we'll send you a text message when it's time to show up. Using the Save Your Spot tool can shorten wait times, but you may still experience a wait if a severe or more urgent case occurs.

Hold your place in line with  
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[BayCareUrgentCare.org](https://www.BayCareUrgentCare.org)



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