

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

July 2020

Polk/Brandon Edition – Monthly

[www.HealthandwellnessFL.com](http://www.HealthandwellnessFL.com)



**FREE**



**BAYCARE OPENS  
FIRST URGENT CARE  
IN LAKELAND**

**WE ARE NOW  
OFFERING STEM CELL  
FACIAL RESURFACING**

**MINIMALLY INVASIVE  
SPINE CARE**

**CYPRESS MEDICAL  
WEIGHS IN ON WEIGHT LOSS**

**SHOULD YOU  
GET AN EPIDURAL  
STERIOD INJECTION?**



# PAIN FREE CAN BE THIS EASY



## STEM CELLS CAN HELP:

JOINT, KNEE,  
SHOULDER PAIN  
OSTEOARTHRITIS  
CARPAL TUNNEL  
LUNG DISEASE  
AND MUCH MORE



BRANDON STEM CELL CLINIC

1602 Oakfield Dr. | Suite 101  
Brandon, FL 33511

[www.BrandonStemCellClinic.com](http://www.BrandonStemCellClinic.com)

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



# BREAKTHROUGH HAIR GROWTH SOLUTION

## BENEFITS BUSY EXECUTIVES

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

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

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



Forbes



CNN



WSJ



Men'sHealth



**BAUMAN**  
MEDICAL

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

Alan J Bauman, MD, ABHRS, IAHRs



#1 Top  
Hair Restoration  
Surgeon

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

1450 S. Dixie Hwy, Boca Raton, FL 33432 | CALL **561-220-3480** | [BAUMANMEDICAL.COM](http://BAUMANMEDICAL.COM)  
See before & after images at [BAUMANMEDICAL.COM](http://BAUMANMEDICAL.COM)

Hear well...  
Live well



CALL TODAY to schedule  
your appointment!

**863.594.1976**

Celebrating 40 Years  
of Service in  
Central Florida

Doctors of Audiology

*Scheyere-Ann Moir, Au.D*

*Kevin T. Barlow, Au.D*

**Winter Haven**  
**Audiology**

Winter Haven  
510 1st St S

**Ridge**  
**Audiology**

Lake Wales  
704 SR 60 E



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

AUDIGY  
CERTIFIED

Total  
**SPINE  
& BRAIN**  
INSTITUTE

**TAMPA BAY'S TRUSTED NAME  
FOR SPINE AND BRAIN HEALTH**

**OUR PATIENTS ALWAYS COME FIRST**

- Courteous Medical Staff • Fast appointments
- Low Wait Times • Complete Care Program



Tien V, Le, MD, FAANS  
Board Certified Neurosurgeon  
Dual Fellowship Trained Spine Surgeon

## OUR SERVICES:

- ▶ Minimally Invasive Spine Surgery
- ▶ Kyphoplasty for Compression Fractures
- ▶ Non-Fusion Spine Surgery
- ▶ Robotic Spine Surgery
- ▶ Cervical Spine Surgery
- ▶ Thoracic and Lumbar Spine Surgery
- ▶ Brain Surgery

Our practice  
accepts most major  
insurance plans,  
worker's comp and  
most of the smaller  
insurance plans

For more information, or to schedule an  
appointment call at **813-444-5567**

**MAIN OFFICE** 1110 Nikki View Drive, Brandon, FL 33511  
**SATELLITE OFFICE** 3909 Galen Ct., Ste 102, Sun City Center, FL 33573

**TotalSpineBrain.com**

# contents

July 2020

- 5 BayCare Opens First Urgent Care in Lakeland
- 6 We Are Now Offering Stem Cell Facial Resurfacing Treatments
- 8 Skin Health
- 9 5 Tips to Protect Against Falls
- 10 Minimally Invasive Spine Care:  
Why a Board Certified Neurosurgeon is a Wise Choice
- 12 Should You Get an Epidural Steroid Injection?
- 14 Cypress Medical Weighs in on Weight Loss
- 16 Don't Stress About Hair Loss This Summer
- 18 Complete Mouth Restoration
- 19 Spiritual Wellness: It's Hot Everywhere In July

## CONTACT US

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

  
**BERRYMAN**  
Marketing Group LLC

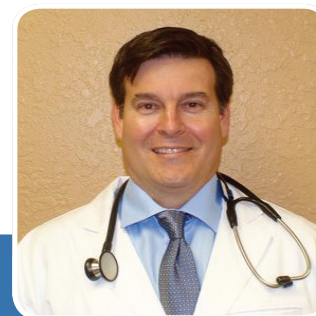
OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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

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

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



**Dr. Raphael Lopez**  
Board Certified in  
Internal Medicine

**Now Welcoming  
New Patients!  
Call Today!  
863-421-4400**

At **Cypress Medical Center**, we believe in a full-circle approach to your health. Dr. Raphael Lopez is a primary care physician specializing in internal medicine and offering the following services and more:

### PRIMARY SERVICES

- General Medicine
- Diabetes Management
- Geriatrics
- Fatigue work-up
- Back Pain
- High Blood Pressure
- Weight Management
- Ultrasound Evaluation
- Erectile Dysfunction
- Evaluation for possible sleep disorders
- Evaluation for silent heart disease
- Asthma and Emphysema testing
- Allergy lab testing
- Much more...

### MOST INSURANCE ACCEPTED!

**295 Patterson Road Suite B  
Haines City, FL 33884  
863-421-4400 | CypressMedicalCenter.com**



**SPINE & PAIN  
INSTITUTE OF FLORIDA**  
PERSONALIZED CARE

# Stay Active

- Fellowship-Trained Interventional Pain Physician
- Board-Certified in Pain Medicine & Physical
- Medicine and Rehabilitation
- Asst Clinical Professor- USF, Dept of Pain/Neurology
- Asst Professor - UCF, Dept of PM&R

**TEL: 833-513-7246 (PAIN)**

**FAX: (863)-333-4007**

**WEB: www.spiflorida.com**

**ADDRESS: 1417 Lakeland Hills Blvd. Ste 201 Lakeland, FL 33805**



# 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** or stop by a  
BayCare Urgent Care center.*

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





# WE ARE NOW OFFERING STEM CELL FACIAL RESURFACING TREATMENTS

**W**e have exciting news at Brandon Stem Cell Clinic! We are now offering Stem Cell Facial Resurfacing treatments. If you or someone you know has suffered with Acne Vulgaris and Rosacea you know how devastating this can be. The disfiguring scars and extreme redness cause embarrassment and low self-esteem in adolescents and adults. The many treatments offered, like chronic antibiotic use up to Accutane, extractions, even surgery can be dangerous and painful. Finally, there is a natural, safe and highly effective alternative. If you suffer from Rosacea, acne and acne scars from years past then we want to help. Regenerative medicine has come to the face and the results speak for themselves.

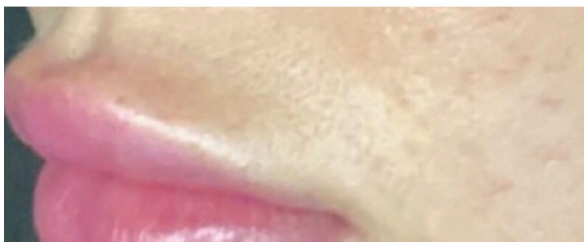
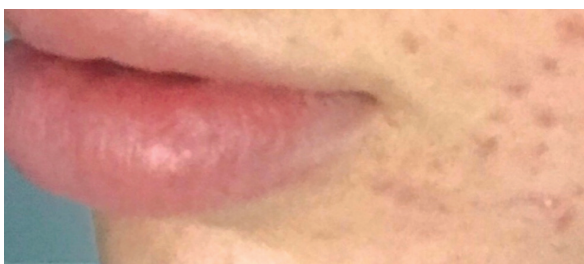
## HOW IT WORKS:

Stem cells are used to reduce inflammation all over the body and the face and are very effective. You would come into the office for a consultation to speak with our provider and in many cases, could get treatment that day.

The face is numbed for approximately 30 minutes in preparation of the procedure. A micro needle is used to prepare the skin, and then stem cells are injected directly into the treated areas. The whole process takes approximately 90 minutes.

Here are some pictures of our stem cell patients for Rosacea, Acne and scarring.





## INTRODUCING OUR NEW PROVIDER

We are pleased to introduce our new provider, Brian Whaley, ARNP-BC. A graduate of Georgetown University Neonatology ARNP program, his career spans decades which started with the life and death responsibilities in managing the sickest and tiniest babies in the NICU and delivery rooms.

A colleague piqued his interest when he suggested to Brian that he venture into the Aesthetic Medicine realm because of the hand-eye coordination that developed after years of working with tiny babies. He was trained in the basics of Botox and Fillers but quickly proceeded to advanced fillers and techniques of cosmetic dermatology.

Gaining a reputation as a talent, he was recruited and sought after by one of Miami's most prestigious practices, The Miami Institute. While working there for years as he raised his family, he was mentored by Florida's top Plastic surgeons and Anti-aging Physicians. Brian became the Aesthetic medicine provider and injector to a "Who's Who" of local and international celebrities and became an often-requested provider for the physicians.

Brian went on to become medical director at one of the largest aesthetics training programs in the U.S. where he trained doctors and nurses from

all over the world in advanced facial techniques. There he developed the 3D face Injection Method™ and began to perfect and teach this method.

The face is a three dimensional uniquely identifiable part of the human body, above all else... it identifies us, as us. The loss of the forward projection of the face during aging renders us almost generic as we age. We begin to appear more skeletal and it hollows the outline of the facial bony structure.

In 2016, Brian moved to Seattle where he worked to help people who were in pain to decrease the use of their pain medications. The project was geared toward natural pain control and healing their injuries via Mesenchymal Stem cells. In a short period of time he noticed those who opted to use the stem cell therapy were healthier, happier and able to discontinue or greatly reduce their pain medicines. After watching this time and again, he decided that he wanted to experience this stem cell treatment for his long term shoulder pain. Brian received a stem cell therapy treatment for his shoulder and his shoulder pain is now gone. Interestingly enough, a chronic skin condition went away and he saw a noticeable improvement in mood and energy. After personally experiencing all this improvement, he sought to hone his skills and has spent the last four years treating many patients to help them get back to doing the things they love, with the people they love.

In our office we offer complimentary candidacy evaluations for anyone who would like to see if they are a stem cell candidate. In addition to the facial resurfacing, we help people looking for an alternative to joint replacements (ie, knees, hips, shoulders, wrist, ankles), lung conditions, and those with arthritis.

For the month of July, we will be offering a **33% off** special for stem cell facial resurfacing treatments in our office. Call today to schedule your consultation, **813-800-(STEM)7836**. We look forward to hearing from you!

**BSCC** | BRANDON STEM  
CELL CLINIC

**(813) 800-STEM (7836)**

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

[www.BrandonStemCellClinic.com](http://www.BrandonStemCellClinic.com)



# SKIN HEALTH



**H**ealthy living is at the forefront for most Americans, more so now than ever before. It is difficult to pick up a newspaper and not see an article that has to do with diet, exercise, or the importance of sleep or stress management. The most common cancer of all is skin cancer. Fortunately most skin cancers are completely curable if detected at an early stage. Even the more aggressive skin cancers, such as melanoma can be cured if removed early. Unlike many other organs which are internal, the skin is easily accessible for examination. This underscores the importance of seeing your dermatologist regularly.

Basal cell and squamous cell carcinoma are the most common skin cancers. They usually present as a non-healing sore. In the beginning phase they can mimic a bite, burn, or an injury but are different because they persist. These skin cancers mostly occur on sun exposed skin.

Metastasis is the process where the cancer leaves the site of origin and travels to a distant location. For example, breast cancer is not dangerous because the cancer affects the breast; it is dangerous because the cancer leaves the site of origin and travels to a vital organ such as the brain or liver. Basal cell carcinoma almost never metastasizes and squamous cell carcinoma usually will only metastasize if it is neglected. Therefore these two most common skin cancers are very treatable and curable.

Melanoma is a more dangerous skin cancer. Melanoma has a tendency to leave the skin and travel to other vital organs. Still, if a melanoma is removed at an early stage, it is a completely curable skin cancer.



Melanoma can occur any where on the body, it is not restricted to sun exposed skin. Melanoma is increasing at a very fast rate. Twenty five years ago the incidence of melanoma was one out of 140, today it is closer to 1 out of 50. Melanoma is the number 2 cancer in teenagers. It is the most common cancer in women aged 25-29. One contributing factor is the use of tanning beds.

Although melanoma is increasing in the younger population, age is also a risk factor, so the older a person gets, the more likely it is to get melanoma. Genes play a role. If you have a first degree family member with a melanoma, you are more likely to get a melanoma. In the US, one person an hour dies of melanoma.

Melanoma looks like a funny mole. An easy-to-remember memory tool for what melanoma can look like on the skin is the first 5 letters of the alphabet:

- A:** asymmetry, one side is not the mirror image of the other
- B:** borders that are irregular, poorly defined or indistinct
- C:** color, multiple colors, changing color, black in color
- D:** diameter greater than 6mm, or larger than a pencil eraser
- E:** evolving; change in size, shape, color, bleeding, symptoms

When considering skin cancer prevention, three considerations are important:



**1. Sun protection:**

**a. Sunscreen:** make sure you apply 15 minutes before going outside in air-conditioning and reapply every 2-3 hours. Physical blockers like zinc and titanium are best.

**b. Clothing:** brimmed hat or long sleeves, a big umbrella at the beach.

**c. Time of day:** try to schedule your activity before 10am or after 4pm.



**2. Self examinations on a regular basis, use a spouse to help look at your back.**

**3. See a dermatologist regularly.**

There are many keys to a healthy life; eat your vegetables, go for a walk or run, shut off the electronics and hit the hay, meditate. Don't forget the easiest one: put on some sunscreen and see your dermatologist.



**DERMATOLOGY**  
Associates of Central Florida

David Yrastorza, MD  
Hannah Yrastorza, PA-C

3670 Innovation Drive, Lakeland, Florida 33812  
863.686.2282  
[www.dermatologylakeland.com](http://www.dermatologylakeland.com)





Get your vision checked, making sure you're seeing your best.

Be sure to understand how any medications may affect you, including your balance.

Check your surroundings for hazards such as uneven surfaces, slippery floors, small rugs, or unstable handrails.

Help ensure your loved ones and those with disabilities have a safe environment adapted to their physical needs.

Keep your hearing in top shape, starting with hearing exams annually and whenever you're having trouble understanding – especially if experiencing difficulty while dining out, watching TV, or talking on the phone.

Let us help you stay steady on your feet. If you're experiencing dizziness, balance issues, or falls, don't delay. Call for our office at **(863) 594-1976** or visit us online at **WinterHavenAudiology.com** to schedule your appointment with our Doctors of Audiology today!

**CALL TODAY**  
to schedule your appointment  
**863.594.1976**

**Winter Haven**  
**=Audiology**

510 1st St S | Winter Haven

**Ridge**  
**=Audiology**

704 SR 60 E | Lake Wales

**WinterHavenAudiology.com**

# 5 TIPS TO PROTECT AGAINST FALLS

## DID YOU KNOW?

Unbeknownst to many, falls are the second leading cause of accidental death, per the World Health Organization — claiming some 646,000 lives each year. Falls are also associated with hearing impairment, which can affect your balance. When it comes to potentially dangerous spills and slips, here are five ways to help reduce your risk:

Falls are more common among those with hearing loss. In a National Institute on Aging and

Johns Hopkins School of Medicine study of over 2,000 adults ages 40 to 69, patients with mild hearing loss were nearly three times as likely to have reported a fall in the prior year. Plus, every 10-decibel increase in hearing loss also meant a 1.4-fold increase in the odds of a fall. Hearing aids cut the threat of falls among seniors. A University of Michigan study published in the Journal of the American Geriatrics Society has found that newly diagnosed hearing-impaired seniors treated with hearing technology experience reduced odds of fall-related injuries over their nontreated peers.



# MINIMALLY INVASIVE SPINE CARE:

## Why a Board Certified Neurosurgeon is a Wise Choice



**T**he spine is an intricate structure that must be treated with extreme care and expertise. With so many doctors claiming to offer outstanding results, patients are rightly confused. Many physicians simply push office procedures that should really be done by a surgeon as opposed to a rehab or pain doctor. The Total Spine & Brain Institute is a step above the rest. Offering groundbreaking technology and advanced procedures, Dr. Tien V. Le and his team put the patient's needs and outcomes first! If you truly want cutting-edge care from an expert in his field, Dr. Le's results and patient testimonials speak for themselves.

### MINIMALLY INVASIVE SPINE SURGERY EXPERT

Dr. Le brings a unique skill set to the Tampa Bay area with expertise in minimally invasive spine surgery and neurosurgery. A rare asset to the Tampa Bay community, Dr. Le is not only a Board-Certified neurosurgeon, but he is also dual-Fellowship-trained in Minimally Invasive Spine Surgery and Complex Spinal Deformities. Dr. Le is one of only a select few in the world who have been trained by Dr. Kevin Foley, regarded by many as the father of modern-day Minimally Invasive Spine Surgery.

### GROUNDBREAKING ROBOTIC ASSISTED SPINAL SURGERY

Dr. Le has been certified for the use of robotic-assisted spine surgery since 2013, and he has the distinction of being the first surgeon in Tampa and all of Hillsborough county to perform robotic-assisted spine surgery using the state-of-the-art Mazor X™ spinal robotics platform. Robots do not replace the hands of a skilled surgeon, but they can augment the well-established benefits of minimally invasive spinal surgery, including shorter hospital stays, less blood loss, less infection risk, reduced scarring, smaller incisions, and better patient functional capacity.

### PRACTICE PHILOSOPHY & INTERESTS

Dr. Le's practice philosophy is straightforward: Treat the patient, and not the MRI. The truth is, non-surgical options make up the majority of treatments offered. He has the experience and



clinical judgment to understand that a patient may not need surgery just because they have been diagnosed with a condition on an imaging study. If surgery is the answer, however, his compassionate, patient-tailored approach is focused on providing a targeted, minimally invasive surgical solution that reduces collateral damage to surrounding normal tissues.

In addition to minimally invasive and robotic-assisted spine surgery, Dr. Le also performs and is an advocate for motion-preserving (non-fusion) spine surgery for carefully selected candidates. Motion preserving spine surgery using artificial cervical discs achieve the same goals as a fusion in the cervical spine, specifically neural decompression and stabilization, but does not fuse the bones and protects the discs above and below.



**DR. TIEN LE IS AN EXPERT  
IN MINIMALLY INVASIVE SPINE  
SURGERY, ROBOTIC SPINE SURGERY,  
& COMPLEX SPINE SURGERY**

Dr. Tien V. Le is a Board-Certified and dual Fellowship-trained Neurosurgeon who earned his Bachelor's degree in Biology from the University of North Florida, where he graduated summa cum laude with Baccalaureate Honors. He then received his medical degree at the University of South Florida Morsani College of Medicine (USF), having earned the distinction of Neurosurgery Student of the Year during his senior year. His neurosurgery residency training was done at the world-renowned Cleveland Clinic and USF, where he was elected and served as Chief Resident during his final year.

Dr. Le has completed two fellowships in Minimally Invasive Spine Surgery. His first fellowship was during residency at USF, where he trained under Dr. Juan Uribe. After completing his residency, Dr. Le was then selected by Dr. Kevin Foley to the prestigious post-graduate Spinal Surgery Fellowship at Semmes-Murphey Neurologic & Spine Institute. While there, he also obtained additional fellowship training in scoliosis, deformity, and complex reconstructive spine surgery with Dr. Julius Fernandez.

Dr. Le is prolific in his academic contributions to advance the field of neurosurgery and spinal surgery. He has authored more than 20 peer-reviewed spinal, neurological, and neurosurgical journal articles, several book chapters, and has presented at various professional meetings. He is also a former reviewer for the journal, Spine.

Finding pain relief, increasing range of motion, and living a higher quality of life are a few reasons why patients of Total Spine & Brain Institute recommend Dr. Tien Le to their associates, friends, and relatives. Don't trust your spine to just anyone, call and schedule your consultation with Dr. Le today.



**Tien V. Le, MD, FAANS  
Neurological Spine Surgery  
Total Spine & Brain Institute**

1110 Nikki View Drive  
Brandon, FL 33511  
**(813) 444-5567** office  
**(813) 444-5569** fax

**[totalspinebrain.com](http://totalspinebrain.com)**



# SHOULD YOU GET AN EPIDURAL STEROID INJECTION?

**S**TATISTICS SHOW THAT MOST PEOPLE WON'T MAKE IT THROUGH THEIR ADULT YEARS WITHOUT SUFFERING AT LEAST ONE BOUT OF NECK OR LOW BACK PAIN, WHETHER DUE TO EVERYDAY MUSCLE STRAIN, AN INJURY, OR DEGENERATIVE CHANGES. UNFORTUNATELY, THE PAIN BECOMES CHRONIC FOR ABOUT 10% OF PATIENTS, OFTEN TURNING INTO A DEBILITATING PROBLEM THAT DOESN'T IMPROVE WITH CONVENTIONAL MEDICAL TREATMENT.



When your neck or back pain persists despite medical care, it's time to try our interventional pain management options at Spine & Pain Institute of Florida. While we offer many effective therapies, one of the best for relieving back and neck pain is an epidural steroid injection. Read on to learn when you may benefit from this pain-relieving treatment.

## **EPIDURAL STEROID INJECTIONS HELP THESE SPINE CONDITIONS**

Epidural steroid injections specifically treat nerves in the spinal cord that are compressed due to problems with your spine. The conditions most often responsible for pinched and damaged nerves -- and the conditions that may benefit from an epidural steroid injection -- include:

### **HERNIATED DISCS**

Each disc in your spine consists of a gel-like center surrounded by a tough, fibrous covering. When the covering becomes damaged, the gel-like center can herniate, pushing out through the weakened area and pressing against nearby nerves.

### **BONE SPURS CAUSED BY OSTEOARTHRITIS**

When the vertebral facet joints are damaged by osteoarthritis, your body naturally responds by growing bone spurs. As these bony growths enlarge, they can pinch nerves.

### **DEGENERATIVE DISC DISEASE**

Over time, the discs between vertebrae weaken and dehydrate, ultimately collapsing and either directly pinching nerves or leading to bone spurs that cause nerve problems.

### **SPINAL STENOSIS**

Spinal stenosis is a condition in which the spinal canal narrows and compresses the nerves. Stenosis is caused by all the conditions in this list, as well as other problems such as ligaments that thicken over time.

### **SPONDYLOLISTHESIS**

When you have spondylolisthesis, a vertebra slips out of position due to a defect or fracture in the bone. As a result, it compresses nerves and causes pain.

Depending on the location of the compressed nerves, you'll have neck, shoulder, or lower back pain. Compressed nerves can also cause pain, tingling, and numbness along the affected nerve as it travels down your arm or leg.

The best example of this type of nerve pain is sciatica, which occurs when the sciatic nerve is pinched in the lumbar spine. Sciatica is well-known for causing severe, electric-shock type pain that radiates down your legs and sometimes into your feet.

## **EPIDURAL STEROID INJECTIONS EXPLAINED**

Epidural steroid injections provide exceptionally effective pain relief for three reasons. First, they contain a corticosteroid, which is a potent anti-inflammatory medication. After the steroid is injected, it takes a little time to work, but before long, you'll feel the pain ebb away as the medication reduces inflammation and swelling.

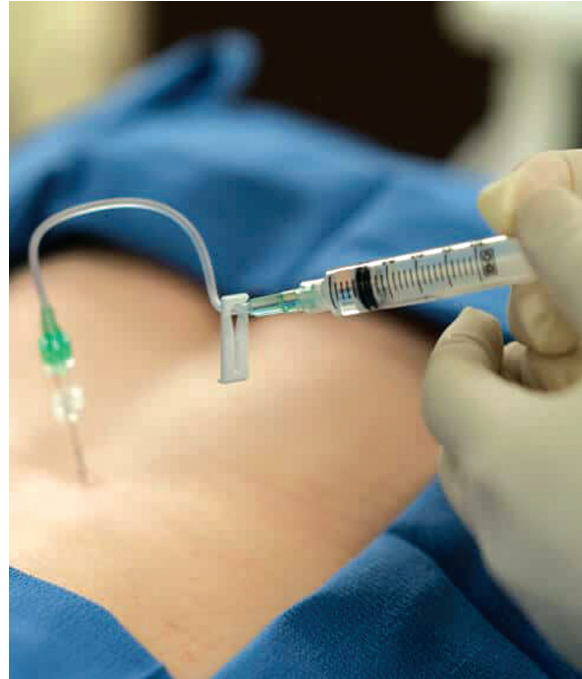
For most people, the pain relief lasts three months, but for some patients it can last a year or longer.



There's no way to predict your response because the results vary from one patient to the next.

The second reason epidural steroid injections alleviate nerve pain so well is because they're injected into the epidural space. This space is a small area between the vertebrae and the protective membrane surrounding the spinal cord. As the injection is released, the medication infuses through the sac and flows around the targeted nerves, essentially bathing them in pain-relieving medication.

Finally, the injection is placed directly at the inflamed, painful nerves. We use real-time imaging, which allows us to see the vertebrae, nerves, epidural space, and the needle as we guide it into the spine. With this technique, we can precisely target the compressed nerves.



### HERE'S WHAT TO EXPECT DURING AN EPIDURAL STEROID INJECTION

The total epidural steroid injection procedure takes about 15-45 minutes, but the actual injection goes quickly. We numb the area with a local anesthetic, so you shouldn't feel pain. Most patients do feel some pressure from the needle.

You should be able to walk around when the procedure is over. You'll be monitored in the office for a short time, and then you can go home. It's normal to have some soreness around the injection site, but you should be able to get back to your usual activities the same day.

If you only experience mild pain relief over the next few days, you may need to have one or two additional injections to achieve the full effect. These shots are spaced 1-4 weeks apart.

When back or neck pain persists despite conservative treatments, call our office at Spine & Pain Institute of Florida or schedule an appointment online. We'll give you a thorough examination and determine if you're a good candidate for an epidural steroid injection.



### 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.



**SPINE & PAIN**  
INSTITUTE OF FLORIDA

**833-513-7246 (PAIN)**  
**FAX: (863)-333-4007**  
**[www.spiflorida.com](http://www.spiflorida.com)**

1417 Lakeland Hills Blvd. Ste 201  
Lakeland, FL 33805



# 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 DERAIL 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





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.

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!**



295 Patterson Rd Suite B, Haines City, FL 33844

**(863) 421-4400**

**cypressmedicalcenter.com**



# DON'T STRESS ABOUT HAIR LOSS THIS SUMMER

The past few months have been incredibly stressful. Stress not only takes an emotional toll, but it can also impact us physically, including the health of our hair. Thankfully, we are seeing some light at the end of the tunnel.

**W**hether recent stress has taken a toll on your hair, or if you simply want to look your best as you reemerge from lockdown, there is no reason to stress about hair loss this summer.

We are thankful for the opportunity to be safely operating again as a “COVID-Protected” facility to serve our current patients, as well as new patients, who are ready to move forward with their hair restoration evaluations, treatments, and procedures. Countless studies confirm that hair loss is much more than a cosmetic issue and can have serious implications on our mental well-being and feelings about ourselves. During these stressful times, taking action and doing something that will make you feel good, inside and out, is more important than ever.

Whether your treatments were put on hold, or you put off making an appointment, we are excited to welcome patients safely back to begin, or continue with, their hair restoration journey.

## Treatment Options

Bauman Medical is now once again able to offer all services and procedures to patients, including:

- Minimally-Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS® robotic-assisted, or other devices.
- PDOgro™ – Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the Bauman “Turbo” LaserCap devices for at-home use.
- Nutritionals & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO
- Hair Mass measurements using HairCheck® to help non-invasively evaluate hair loss conditions, measure early responses to therapy over time – months before they’re noticeable to the naked eye –and also determine exactly when to repeat your PRP or PDOgro treatments.
- Scientific “Scalp Makeover®” – evaluation, diagnosis, and treatment regimens for itchy, dry, flaking or oily conditions and other scalp imbalances that can impair healthy hair growth.
- Hair Loss Risk Management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

## Bauman eStore

There are some exciting new offerings from the “Bauman eStore,” like our new VirtualPRP™ Home Kits – which offer patients an effective at-home treatment option. The VirtualPRP™ 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 or In-office Consultation.



Before and after FUE Hair Transplant by Dr. Alan Bauman

### Moving Forward

While we are excited to welcome patients, new and old, back into the office, we also understand that some patients still may not be ready to visit us in person. This is why we will continue offering Virtual Consults, Virtual Follow-ups, as well as an expanded menu of at-home treatment options – to allow our patients to begin, or continue, their hair restoration journey from the comfort of their own home.



Before and 3 months after PDOgro™ by Dr. Alan Bauman

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.

### About Dr. Alan J. Bauman



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

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

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

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



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

**Hair Restoration  
for Men and Women**  
[www.BaumanMedical.com](http://www.BaumanMedical.com)  
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.





# Complete mouth restoration

If your smile is negatively affected by challenges, such as poorly fitting dentures, missing, cracked, broken or worn-down teeth, you're likely an excellent candidate for full mouth restoration. This dental procedure can create a beautiful smile, renewing your confidence and helping you face the world with a dazzling smile.

## HOW COMPLETE MOUTH RESTORATION WORKS

Complete mouth restoration involves replacing natural teeth, or dentures, with a permanent, set of implant secured zirconia teeth. First, a CT scan is performed, which provides a 3D model of your mouth and bone structure. This allows New Teeth Now board-certified oral surgeon David Kirkpatrick, DMD, FACS to determine the best course of action for your treatment. During the procedure, while you are under general anesthesia, all necessary tooth extractions are made. The oral surgeon then places titanium implants in your jaw to act as anchors for your new, custom-made teeth. These implants are permanent and designed to last indefinitely. Once the implants have been successfully placed, your new teeth are attached and then Dr Kirkpatrick works with cosmetic dentist, Kawveh Nofallah DMD to create your perfect smile. Together the surgeon and cosmetic dentist make sure the dental implants heal correctly and your new teeth look and function properly and efficiently.

## IS THERE PAIN WITH COMPLETE MOUTH RESTORATION?

Generally speaking, you won't experience pain with full mouth reconstruction because the procedure is performed under general anesthesia. A long-lasting pain reliever is also administered. That means you get a brand new smile with very little discomfort.

## WHAT IF YOU HAVE BONE LOSS?

If you've been told that you have bone loss and aren't a good candidate for full mouth dental implant restoration, there's good news. State-of-the-art dental professionals can now perform zygomatic implants, which is a special technique that allows for implants without bone grafting.

That means that just about anyone can enjoy a beautiful smile. Best of all, the procedure can be done in just one day. You walk into the surgery center in the morning, and go home with a beautiful, functional set of perfect teeth that afternoon.

## BENEFITS OF COMPLETE MOUTH RESTORATION

One obvious perk to complete mouth restoration is the ability to flash a beautiful, new smile in the mirror and during social situations. Other benefits include the overall health and function of your mouth. A full set of healthy teeth allows for proper chewing and the ability to eat foods that were once off-limits. Also, a full mouth restoration completely eliminates the chance of pain, oral infections, and future tooth loss.

"Give your confidence a boost and check into receiving a complete mouth restoration," says **Dr. David Kirkpatrick, oral and maxillofacial surgeon** from New Teeth Now. "You'll be happy to flash a big smile for the camera during all of those photos with family and friends!"

For more information on New Teeth Now or to schedule your private consultation, please call **800-617-0603**.

**Dr. Kawveh Nofallah** is a highly renowned dentist with specializations in general, restorative and cosmetic dentistry. He has been serving the Lakeland area since 2006, where he resides with his wife and three children.



Born and raised in Tallahassee, FL, Dr. Nofallah earned his degree from the University of Florida College of Dentistry. He opened his Lakeland dental practice in 2006 providing general, family and cosmetic dentistry services. Dr. Nofallah takes pride in providing all patients compassionate care using the most advanced technology while maintaining the highest sterilization standards.

In addition to his own practice, Dr Nofallah is on staff as a restorative dentist at Florida Dental Implants and Oral Surgery. This is a growing practice with heavy emphasis on implant procedures, well known for New Teeth Now, the one-day, full-mouth restoration often utilizing Zygomatic implants.

Dr. Kawveh Nofallah is a member of the American Dental Association, Florida Dental Association, Polk County Dental association, West Coast District Dental Association, and the Academy of General Dentistry.

Oral Surgeon **David R. Kirkpatrick**, DMD, FACS began his post-graduate education with a dental degree from the University of Kentucky. Then he completed a surgical residency in Maxillofacial Surgery from the University of Florida in Jacksonville. Maxillofacial surgery requires 4-7 additional years of hospital-based formal post-graduate training in general surgery, anesthesia, emergency medicine, ENT, pediatrics, and plastic surgery. As an Oral Surgeon with New Teeth Now, Dr. Kirkpatrick practices a full scope of Oral and Maxillofacial Surgery with an emphasis on cosmetic facial surgery.

Dr. Kirkpatrick has received numerous educational awards and has published multiple articles in peer-reviewed medical journals. He has also done presentations on a variety of surgical topics at national meetings throughout the United States and Europe. He remains an active student himself, frequently attending continuing medical education courses



in the latest techniques in cosmetic surgery. He serves as the facial trauma surgeon for the Athletic Department of Florida Southern College. Dr. Kirkpatrick is an Adjunct Professor at the University of Florida, is certified by the American Board of Oral and Maxillofacial Surgeons and is a member of the American Academy of Cosmetic Surgery, Florida Society of Oral and Maxillofacial Surgery, Florida Dental Association, American Dental Association, West Coast District Dental Association and the American Association of Oral and Maxillofacial Surgeons.

Dr. Kirkpatrick routinely treats a wide variety of deformities and defects relating to the head and neck. He also specializes in a variety of facial cosmetic surgical procedures at Lakeland's only full-scope facial cosmetic surgery center. He has expertise ranging from cosmetic facial surgery to corrective jaw surgery to pathology. He can also diagnose and treat craniofacial disorders, cleft lip and palate, traumatic facial injuries, and skin conditions that respond to full laser treatment.

Regardless of the type of surgery you are contemplating, Dr. Kirkpatrick is committed to getting you the results you want.



**NEW TEETH  
NOW**

**800-617-0603**

**WWW.NEWTEETHNOW.COM**



# IT'S HOT EVERYWHERE IN JULY

Brent Myers



**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



# 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  
**SAVE YOUR SPOT**  
[BayCareUrgentCare.org](https://www.BayCareUrgentCare.org)



**BayCare Urgent Care (Lakeland)**  
*Located in the Southgate Shopping Center*  
2645 S. Florida Ave. | Lakeland  
(863) 609-6880

