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# Health & Wellness<sup>®</sup>

MAGAZINE

September 2020

Polk/Brandon Edition – Monthly

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**BAYCARE OPENS  
FIRST URGENT CARE  
IN LAKELAND**

**SKIN CHANGES IN  
THE LOWER LEG ARE  
A SIGN OF VENOUS DISEASE**

**IS SPINAL  
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THE ANSWER TO YOUR PAIN?**

**HEARING LOSS AFFECTS  
MORE THAN HEARING**



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**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

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**sybil@sflhealthandwellness.com**

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# BayCare Opens First Urgent Care in Lakeland

**B**AYCARE HEALTH SYSTEM has brought a state-of-the-art urgent care clinic to the Lakeland area. The leading health system in the region has opened 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 provides efficient, high-quality and compassionate health care from an experienced team of clinicians for adults and children ages two and older.

“We’re thrilled to bring the first BayCare Urgent Care to Lakeland,” said, Jim Cote, senior vice president for Ambulatory Services at BayCare. “Our goal is to give patients convenient access for the right level of medical care in the right place and at the right time. And we hope this service does just that.”

At this facility, urgent care provides a total care experience including X-rays, laboratories and EKGs. The center treats medical conditions without prior appointment including minor illnesses and injuries, flu and colds, sprains and strains, minor cuts, stings and burns.

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

To enhance patient experience, BayCare Urgent Care allows visitors to reserve their place online through Save Your Spot. The clinic’s hours of operation include Monday through Friday, from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 6 p.m.

**For more information,  
visiting BayCare Urgent Care’s website at  
[BayCareUrgentCare.org](http://BayCareUrgentCare.org)**



## About BayCare Health System

BayCare is a leading not-for-profit health care system that connects individuals and families to a wide range of services at 15 hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions. Inpatient and outpatient services include

acute care, primary care, imaging, laboratory, behavioral health, home care, and wellness. Our mission is to improve the health of all we serve through community-owned, health care services that set the standard for high-quality, compassionate care. For more information, visit [www.BayCare.org](http://www.BayCare.org).



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





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

**A**ccording to the Center for Disease Control, nearly 23% of all adults in the United States (more than 54 million people), suffer from arthritis. Arthritis, which can affect nearly any joint in the body, is an inflammation of one's joints associated with the breakdown of cartilage. It causes painful symptoms such as swelling, stiffness, and decreased range of motion. While there are over 100 different types of arthritis, the two most common are rheumatoid arthritis and osteoarthritis. Those who live with arthritis know its effects on everyday life, but what can happen should these forms of arthritis go untreated?

## OSTEOARTHRITIS



Sometimes called degenerative joint disease or degenerative arthritis, osteoarthritis (OA) is the most common chronic condition of the joints, affecting approximately 27 million Americans. OA can affect any joint, but it occurs most often in knees, hips, lower back and neck, small joints of the fingers and the bases of the thumb and big toe.

In OA, the cartilage breaks down, causing pain, swelling and problems moving the joint. As OA worsens over time, bones may break down and develop growths called spurs. Bits of bone or cartilage may chip off and float around in the joint. In the body, an inflammatory process occurs and cytokines (proteins) and enzymes develop that further damage the cartilage. In the final stages of OA, the cartilage wears away and bone rubs against bone leading to joint damage and more pain.

## RHEUMATOID ARTHRITIS



Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system, which normally protects itself by attacking foreign substances like bacteria and viruses, mistakenly attacks the joints. This creates

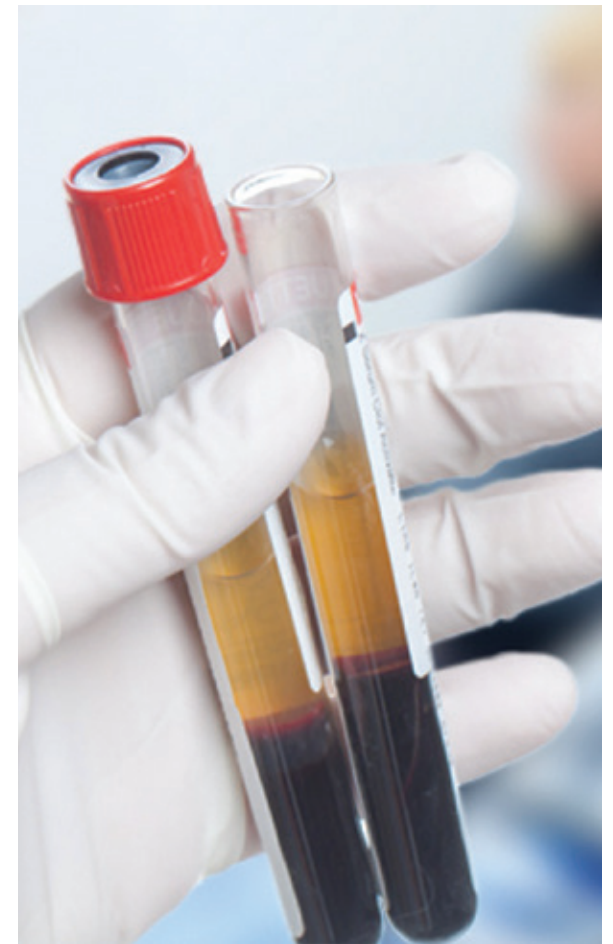
inflammation that causes the tissue that lines the inside of joints (the synovium) to thicken, resulting in swelling and pain in and around the joints. The synovium makes a fluid that lubricates joints and helps them move smoothly.

If inflammation goes unchecked, it can damage cartilage, the elastic tissue that covers the ends of bones in a joint, as well as the bones themselves. Over time, there is loss of cartilage, and the joint spacing between bones can become smaller. Joints can become loose, unstable, painful, and lose their mobility. Joint deformity also can occur.

### WHAT ARE MY TREATMENT OPTIONS?

Two of the most common treatment options traditionally have been Cortisone shots or joint replacement surgery. Cortisone shots are typically given to mask the pain of arthritis and, may do more long-term harm to the joint than good. Side effects

include thinning of the soft tissue (cartilage) and skin around the injection site, and thinning of nearby bone. It's for this reason, doctors will typically limit the number of cortisone shots into a given joint. The risks of joint replacement surgery are even more obvious. It carries all the risks of any invasive surgery: extreme pain, swelling, blood clots, potential nerve damage and infection to name a few. Add that to the known dangers and longterm negative effects of anesthesia and it is no wonder afflicted patients continue



to look towards a different alternative: stem cell therapy.

Stem cell therapy doesn't aim to mask the pain, but heals the very problem causing the pain in the first place. Unlike these traditional treatments, stem cell therapy is the only one which may actually help your body to regrow your natural cartilage.

For more information on how stem cell therapy may benefit you, please visit [brandonstemcellclinic.com](http://brandonstemcellclinic.com).



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SEPTEMBER IS VENOUS DISEASE AWARENESS MONTH

# SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



**S**kin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.

## WHAT DO SKIN CHANGES INDICATE?

Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don't see bulging varicose veins, you may have advanced vein disease and it's worth visiting Vascular Vein Centers if skin changes are present.





### WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to

infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

### HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your venous system. The Vascular Vein Centers team uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.

Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser

therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the “source veins”; the origin of the problem.

Ultrasound guided foam sclerotherapy will be required in most cases to treat the “branch veins” (varicose veins) coming off the “source veins”. The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.



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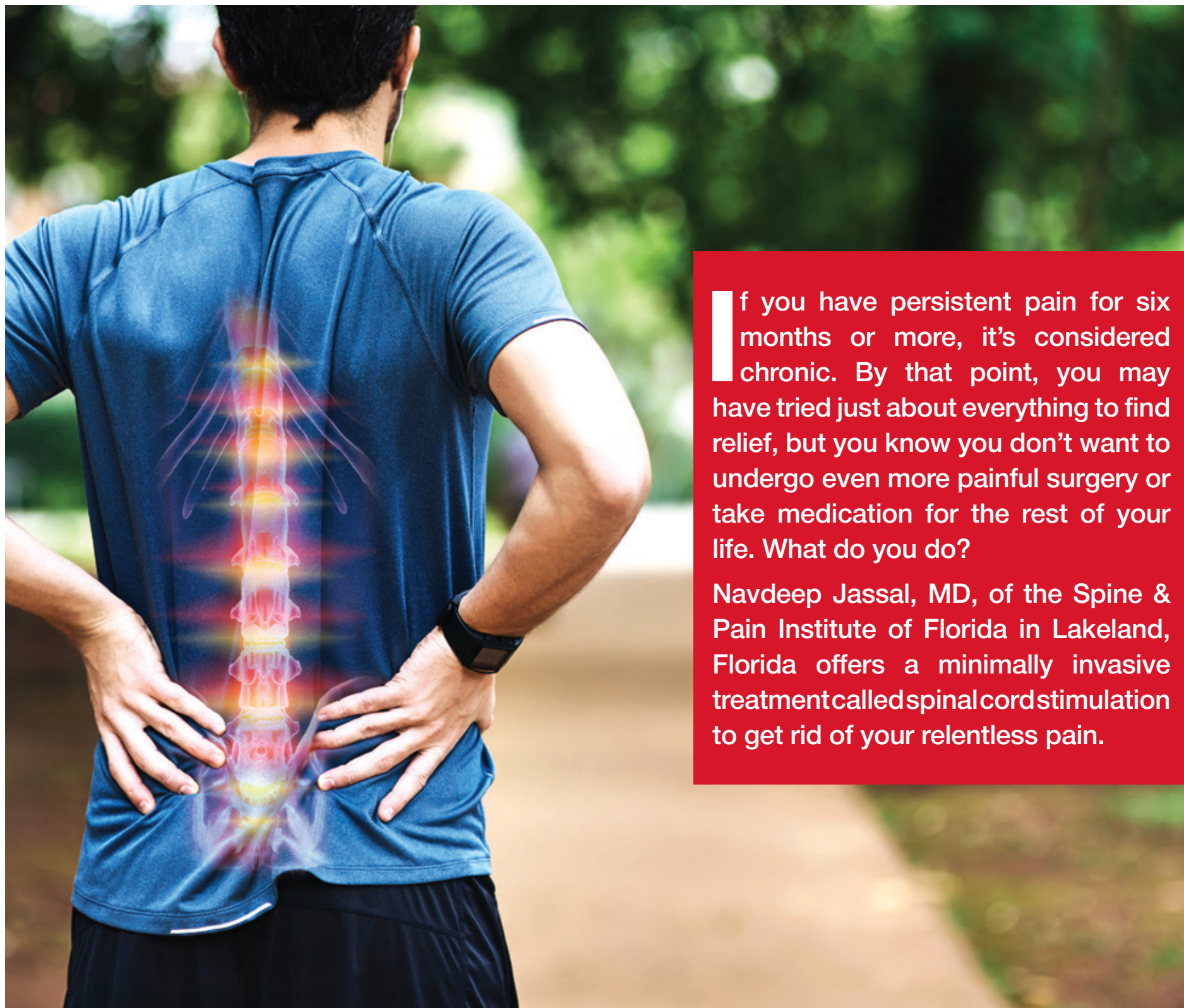
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# IS SPINAL CORD STIMULATION THE ANSWER TO YOUR PAIN?



If you have persistent pain for six months or more, it's considered chronic. By that point, you may have tried just about everything to find relief, but you know you don't want to undergo even more painful surgery or take medication for the rest of your life. What do you do?

Navdeep Jassal, MD, of the Spine & Pain Institute of Florida in Lakeland, Florida offers a minimally invasive treatment called spinal cord stimulation to get rid of your relentless pain.



## WHAT IS SPINAL CORD STIMULATION?

If your chronic back pain hasn't responded well to chiropractic care, physical therapy, massage therapy, or injections, spinal cord stimulation is an advanced option for your complex condition. The treatment involves the use of low-grade electrical pulses that interrupt the way your nerves transmit pain throughout your body and the way your brain receives and processes those pain signals.

## CANDIDATES FOR SPINAL CORD STIMULATION

Before you get the green light to receive a spinal cord stimulator, Dr. Jassal uses a temporary device to conduct a trial. If your pain lessens during the trial period, it's likely that you're a good candidate for permanent placement of a stimulator. The weeklong test period is also a great time for you to see how you feel with the wires and if you think you're getting adequate relief.

As with all pain management solutions, Dr. Jassal conducts a thorough physical exam, runs tests, and talks to you about your health history before he makes any recommendations.

## HOW IS A SPINAL CORD STIMULATOR INSTALLED?

After you pass through the trial phase and determine that you can benefit from spinal cord stimulation, you'll come into our pain management clinic for permanent implantation of your spinal cord stimulator.



During the short outpatient procedure, a member of our team positions you on your stomach and delivers a local anesthetic to make you comfortable. Then, Dr. Jassal makes a tiny incision in your back and places an ultra-thin electrical wire in the epidural space in your spine. He guides the microscopic wire to a second incision near your waist. There he hooks the wire to a small generator, or stimulator, that he leaves in place under your skin. Once your incision is closed, you can sit up and relax until you go home. You'll leave with a small remote to control and adjust your stimulator and help regulate the pain. Our team explains everything you need to know about how to operate your spinal cord stimulator.

## WHAT ARE THE SIDE EFFECTS?

Adverse effects are rare. Most problems with spinal cord stimulator placement have to do with the surgical procedure itself, which can lead to bleeding or infection. Some patients report pain at the surgical site for a few days following the implant, but it typically subsides on its own. We'll go over the risks and possible complications so you'll know exactly what to expect.

## WHAT KIND OF RESULTS CAN I EXPECT?

For more than 50 years, spinal cord stimulation has helped thousands of men and women. In fact, since its inception, nearly 300,000 stimulator recipients have seen their pain greatly reduced and their quality of life improve. Many people report immediate relief after the implant, while it takes others a few days or weeks to adjust and customize the stimulator's settings to get optimal relief.

The team at Spine & Pain Institute of Florida walks with you through each phase of your therapy, from trial to implant to living with neurostimulation. We'll check up on you regularly and help you make the most of your spinal cord stimulator.

Get drug-free relief for your chronic back pain and get your life back. Call our office or use the online booking feature to see if you're a candidate for spinal cord stimulation.



## 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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# HEARING LOSS AFFECTS MORE THAN HEARING

By the audiologists at Winter Haven Audiology & Ridge Audiology — Kevin T. Barlow and Scheyere-Ann Moir



**B**ecause hearing loss often occurs gradually, few who suffer from it realize how it affects all aspects of health, including overall quality of life. Research over the past 15 years has only begun to stress the importance of seeking treatment when hearing loss becomes a factor in daily life, but only one in five people actually seeks treatment after learning they aren't hearing their best. The four in five Americans that don't use hearing aids can

sometimes delay treatment for so long that communication — even in the most optimal situations — becomes problematic.

Many are not aware of the social and psychological effects of hearing loss; if they were, they would take their hearing health more seriously. Impaired hearing is strongly associated with increased risk of dementia, anxiety, and depression, as well as poorer physical and mental health.



## HEARING LOSS AND YOUR OVERALL HEALTH

The effects of hearing loss are like dominos — one thing sets off another, which sets off another. Hearing loss can cause fatigue because of the strain of trying to hear. This can lead to stress, which causes other health issues such as headaches and sleeping and eating problems.

When the television is on mute, we disengage from the message. We are not getting the full effect of the story; this is an example of what happens when someone is affected by hearing loss. The psychological and social detriments of hearing loss are intertwined. Being unable to hear what's being laughed about or keep up with the conversation can cause multiple feelings like frustration, depression, and embarrassment. Relationship problems can also arise due to lack of communication and frustration between everyone involved.

## ABOUT HEARING LOSS

The decibel level (sound pressure) and length of exposure determine how much damage happens to your ears. Loud sounds destroy the fine hairs that stimulate the auditory nerve fibers, which carry sound data to the brain. Damage to these hairs is permanent and results in hearing loss.

Typically, 85 decibels (a train whistle, for example) is where hearing loss starts to happen; at this noise level, it takes about eight consecutive hours to damage hearing, whereas at 100 dB (the sound of a motorcycle, for example), it takes only 15 minutes. For every 3-dB increase in volume, the maximum exposure time is cut in half.

## HEARING PROTECTION AND PREVENTION

Hearing health is whole-body health. If you take preventive and educated measures when it comes to your health, you will be helping your hearing and vice versa.



Hearing protection is essential to reduce the risk of noise-induced hearing loss, which is the most common hearing loss. Wear earplugs when around loud noise — and not at concerts but at sporting events, when hunting, or when working with power tools. Hearing protection comes in all kinds of forms that fit your lifestyle, budget, and needs. Ask a local audiologist whether earmuffs, foam earplugs, or custom earplugs are best for you.

Prevention comes from being aware. Knowing the signs, symptoms, and causes of hearing loss will help you be attuned to hearing problems.

The best way to do this is to get your hearing checked regularly. If something happens to your hearing, don't hesitate — get checked out right away by an audiologist. Hearing tests are an extremely easy, quick, and painless way to determine if you have hearing loss.

If you think you may have hearing loss, make an appointment with your local audiologist to get it checked out. Have questions? Our passion is hearing education and treatment. Call our Doctors of Audiology at **(863)594-1976** or learn more online at

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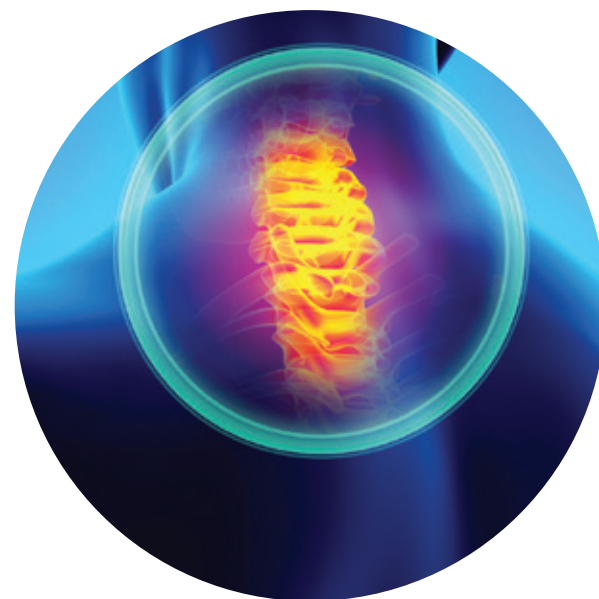
# Spinal Compression Fractures Are Painful and Debilitating.

## Seeking Treatment is Critical, but You Should Not Settle on Just Anyone to Perform Your Kyphoplasty

Kyphoplasty | Dr. Tien V Le | Dual Fellowship-Trained | Board-Certified Spinal Neurosurgeon

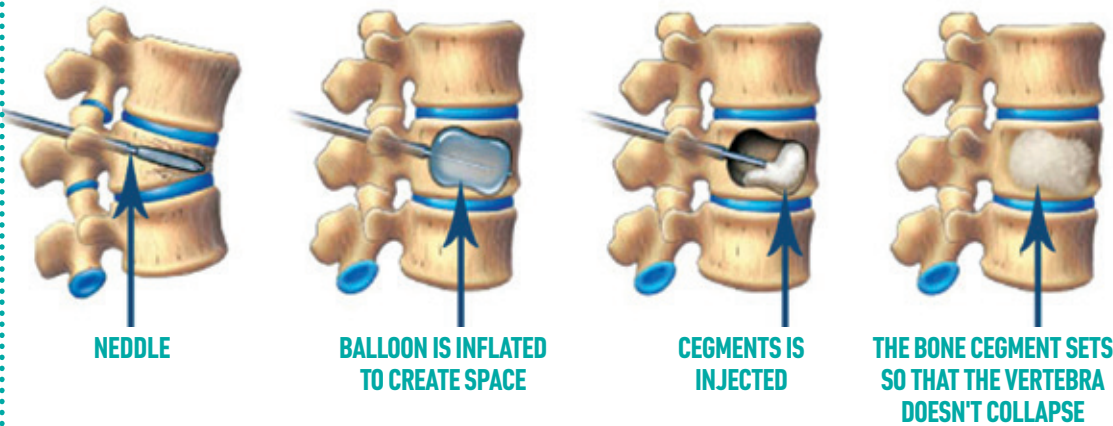


**K**yphosis is a hunching of the spine. The vertebrae in the back become narrowed and wedged due to fractures in the vertebrae called compression fractures, which curves the spine. Because it causes severe pain and deformity, compression fractures should not be left untreated. More importantly, it should not be treated by just anyone.





## KYPHOPLASTY



You deserve to have a Board-certified and Dual Fellowship-trained Spinal Neurosurgeon to treat your compression fracture. If it is determined to be necessary, then your Spinal Neurosurgeon provides comprehensive care since he can not only perform your kyphoplasty, but he is also able to treat potential complications that may arise and not have to refer you out for treatment with yet another doctor as with other “spine specialists.”

Our minimally invasive kyphoplasty procedures are performed on an outpatient basis, therefore, you do not need to be around the hospital. This is especially important during these difficult times.

### TOTAL SPINE & BRAIN INSTITUTE DR. TIEN V. LE

During a kyphoplasty, Dr. Le injects a cement mixture into the bone to give it strength and stability. A balloon is inserted and inflated to create an opening for the mixture. The cement is injected after the balloon is deflated and removed. It is more likely to be successful if done within two to three months of a fracture

diagnosis. Patients typically have immediate pain relief and improved mobility after the procedure.

### SURGICAL PROCEDURE STEPS:

1. Dr. Le inserts a hollow cannula through your skin using a needle tip. With the aid of fluoroscopy, a type of X-ray, this needle tip and cannula is guided to the correct position in your spinal bone.
2. An inflatable balloon is then introduced into the vertebral body through the cannula.
3. The balloon is then inflated to create the space needed for the bone cement.
4. Once the space has opened up, the mixture is injected to fill it up. Imaging tests will help the surgeon confirm that the mixture is distributed properly.
5. Once the cement is in place, the cannula is removed.
6. The area is bandaged. Stitches won't be necessary.

If only one vertebra is being treated, kyphoplasty usually takes less than 30 minutes.



**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.

**Do NOT settle on just anyone. Trust the superior training and expertise of a Board-Certified neurosurgeon to perform your kyphoplasty. Because we are experienced spine surgeons, our outcomes are superior. You deserve the highest level of care for your spine.**

**Don't trust your spine to just anyone, call and schedule your consultation with Dr. Le today.**



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**Neurological Spine Surgery Total Spine & Brain Institute**

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# Cypress Medical

## WEIGHS IN ON WEIGHT LOSS

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



### UNDERLYING CONDITIONS THAT 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!**

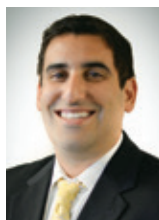


295 Patterson Rd Suite B, Haines City, FL 33844

**(863) 421-4400**

**cypressmedicalcenter.com**





# Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often



range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at 561-613-6209 or 855-9EZ-MEDS.

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Each Dispill blister pack contains 32 individual blisters that contain your prescribed medication for a specific time (morning, noon, evening, bedtime) and date.

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## YOU DESERVE PEACE OF MIND

- Prevent common medication errors
- Alzheimer Dementia safety systems
- No more under or over medicating
- Safe guard your health



**THIS PACKAGE IS NOT CHILD-RESISTANT**





It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**

- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



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