

CENTRAL FLORIDA'S

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

October 2020

Polk/Brandon Edition – Monthly

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

  **FREE**

**BAYCARE OPENS  
FIRST URGENT CARE  
IN LAKELAND**

**SPIDER VEINS  
TREATMENT AND CAUSES**

**WHAT IS TELEHEALTH?**

**SPINAL COMPRESSION  
FRACTURES ARE PAINFUL  
AND DEBILITATING**

**SENIORS AND COVID-19**



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Scheyere-Ann Moir, Au.D.  
Doctor of Audiology



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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)**



# SPIDER VEINS

## TREATMENT AND CAUSES

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



**S**pider veins (also called telangiectasias) are small superficial blood vessels in the skin. They get their name because their appearance is similar to that of a spider web. They most commonly appear as blue or purple spider web-like patterns on the inner and outer thighs, calves, back of the knees and the ankle area.

Spider veins can be the tip of the iceberg as a sign of underlying vein disease. Some people complain of warmth or discomfort over spider patterns. Do your spider veins or profession indicate high risk factors for vein disease?



## WHAT'S CAUSING YOUR SPIDER VEINS?

Many factors can contribute to the development of these unattractive veins. Some can be avoided or improved, but many of these factors are out of your control:

- Heredity
- Hormones
- Pregnancy
- Weight gain
- Age
- Trauma
- Surgery

Prolonged standing or sitting required by many professions can contribute to the development and reoccurrence of spider veins.

## YOUR TREATMENT OPTIONS

Our spider vein treatment options improve the appearance of your legs with minimally invasive procedures that let you get back to normal activities the same day. They require no prolonged recovery or discomfort. We use injection sclerotherapy for the best results eliminating spider veins. It is important to realize that more spider veins can occur over time.

Stop hiding your legs because of spider veins. You don't have to wait to get spider



vein treatment that will eliminate the embarrassing webs of blue, red and purple veins. We offer regular cost-saving specials to help you regain the confidence and self-image you may have lost. Take a moment to visit our website and review our Cycle of Care, which outlines the Vascular Vein Centers' treatment process, to see how quickly you can get back legs you'll want to show.



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**BEFORE**



**AFTER**



# *is this you?*



Do you experience **pain** or **numbness** in your **lower back** when **standing** upright?



Do you experience **pain**, **numbness**, or **tingling** in your **legs** or **buttocks** when you **walk**?



Is your **discomfort** relieved when you **bend forward** at the waist or **sit down**?

## **SPINAL STENOSIS**

### **Stand Tall & Walk Farther**

Here at Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, our board-certified pain management national expert, not only offers highly customized treatments for spinal stenosis, but he can help you protect your back and overall health to prevent back pain.

#### **WHAT IS SPINAL STENOSIS ANYWAY?**

Spinal stenosis is a condition that develops when your spinal column narrows. The condition usually develops in either your lower (lumbar) or neck (cervical) spine.

Your spine consists of a series of vertebrae separated by rubbery discs that provide support, flexibility, and shock absorption. Your vertebrae create a column that surrounds and protects your spinal cord. That column is narrow, and any inflammation or structural irregularity can make it narrow.

The narrowing of the spinal canal can cause a number of symptoms such as pain, numbness, or tingling sensation in your lower back, legs, or buttocks. Typically, these symptoms worsen when you are standing or walking and get better if you sit or bend forward. Sitting or bending forward

**M**ANY PEOPLE THINK THAT ACHES AND PAINS, INCLUDING BACK PAIN, ARE AN INEVITABLE PART OF AGING – BUT THEY'RE WRONG. WHILE AGE IS A FACTOR IN CONDITIONS LIKE SPINAL STENOSIS, HERNIATED DISCS, ARTHRITIS, AND OTHER BACK PROBLEMS, THAT DOESN'T MEAN WE'RE ALL IN FOR A FUTURE OF PAIN.



provides relief because it “opens” the space in the spinal canal and alleviates the pressure on your spinal cord. If left untreated, symptoms of spinal stenosis gradually worsen over time, limiting your ability to stand, walk, and perform daily activities.

### WHAT CAUSES SPINAL STENOSIS?

Several factors can cause spinal stenosis. For example, herniated discs, arthritis, bone spurs, thickened ligaments, and tumors can all lead to spinal stenosis. You might also develop spinal stenosis from general degenerative wear and tear on your spine.

While your age is a risk factor for all of the conditions that can cause spinal stenosis, that doesn’t mean it’s inevitable.

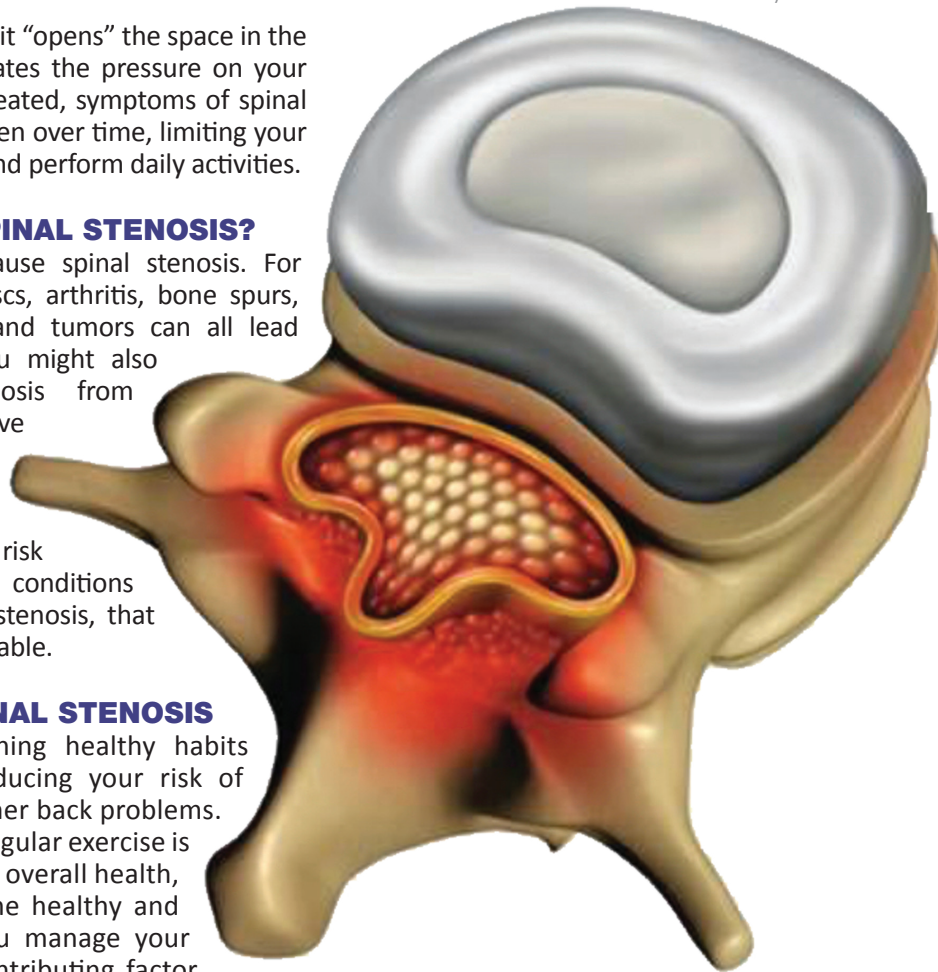
### PREVENTING SPINAL STENOSIS

Starting and maintaining healthy habits now is critical to reducing your risk of spinal stenosis and other back problems. For example, getting regular exercise is not only great for your overall health, but it keeps your spine healthy and flexible and helps you manage your weight — another contributing factor to a variety of conditions that cause spinal stenosis. Even taking a brisk 30-minute walk every day can help.

You should also make time to stretch. We’re not saying you have to become a yoga devotee, just take time to stretch your body. Keeping your muscles and connective tissues supple and flexible decreases your risk of injury.

You should also pay attention to your posture. Too many of us spend our days slouched at a desk or hunched over scrolling through our phones. Poor posture stresses your muscles, connective tissue, and vertebrae, which can eventually contribute to spinal stenosis and other problems.

Avoid unhealthy habits like tobacco use, vaping, and excessive alcohol consumption. Protecting your overall health reduces your risk of a variety of health problems.



### WHAT IF I ALREADY HAVE BACK PAIN?

Even if you already have back pain, it doesn’t condemn you to a life of discomfort. We offer customized pain management services, including treatments like the mild® procedure and Superior® interspinous spacers, to create more space in your spine. These are two Medicare approved options that will help you decrease pain, stand tall and walk farther. Dr. Jassal has experience amongst his own patients to reduce pain by 72% and opioid reduction by 64% on average with such treatment options.

We’re committed to helping you lead a pain-free life. Give our office a call or make an appointment online today to learn more about how we can help alleviate your back and neck pain and help you lead an active and healthy life.



### 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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# WHAT IS TELEHEALTH?

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

## TELEHEALTH

IS A NEW HEALTH CARE DEVELOPMENT. SINCE A LOT OF COMPUTERS AND MOBILE DEVICES NOW HAVE BUILT-IN CAMERAS AND MICROPHONES, YOU CAN MEET WITH US OVER THE INTERNET.





Of course, certain hearing health issues require an in-person appointment, but many issues can be successfully handled by meeting with us “face to face” from the comfort of your own home.

This is ideal for people who live far away from the nearest provider or those who cannot easily get to their provider because of mobility, transportation, or other issues.

You can also request adjustment through an app on a smartphone that is connected to your hearing aids for remote programming. Since a lot of computers and mobile devices now have built-in cameras and microphones, you can meet with us over the internet for in-person real-time adjustments.



### HOW DO I USE TELEHEALTH?

To use this option, you will need a high-speed internet connection, a working email address, and a functioning camera on your desktop computer, laptop computer, or mobile device. The process is straightforward:

1. Call or email us to schedule a telehealth consultation.
2. You'll receive an email with a secure link in it. At the scheduled time, click the link.
3. An internet browser window will open — your appointment has begun! You and your provider can now see and talk to each other online.
4. At the end of the 15- to 30-minute appointment, close the browser window.

Feel free to include a friend or family member — that perspective from someone close to you is always appreciated.

### WHAT CAN YOU HELP WITH VIA TELEHEALTH?

Only some of our services are possible via telehealth. Schedule a consultation for:

1. Remote adjustments — either via in-app request or live telehealth adjustments.
2. Questions about your technology
3. Help with troubleshooting, such as changing batteries or if you are having connectivity issues.

Please contact us via email at [info@winterhavenaudiology.com](mailto:info@winterhavenaudiology.com) or by phone at **863.594.1472** if you wish to set up this feature on your device(s).

If you or a loved one have any questions about hearing and are interested in meeting with an Audiologist from the comfort of your home, Winter Haven and Ridge Audiology are here to help! Our practice is currently accepting new patients. Give us a call at **(863)594-1976** or visit us online at **WinterHavenAudiology.com** to learn more.

**CALL TODAY to schedule your appointment 863.594.1976**

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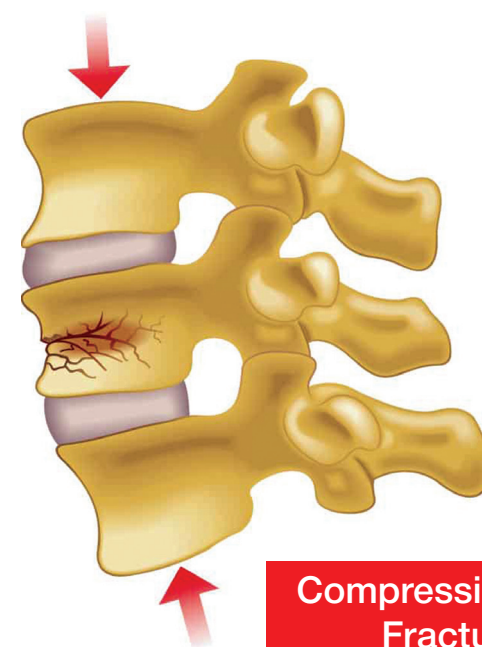
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# Spinal Compression Fractures are Painful and Debilitating.

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

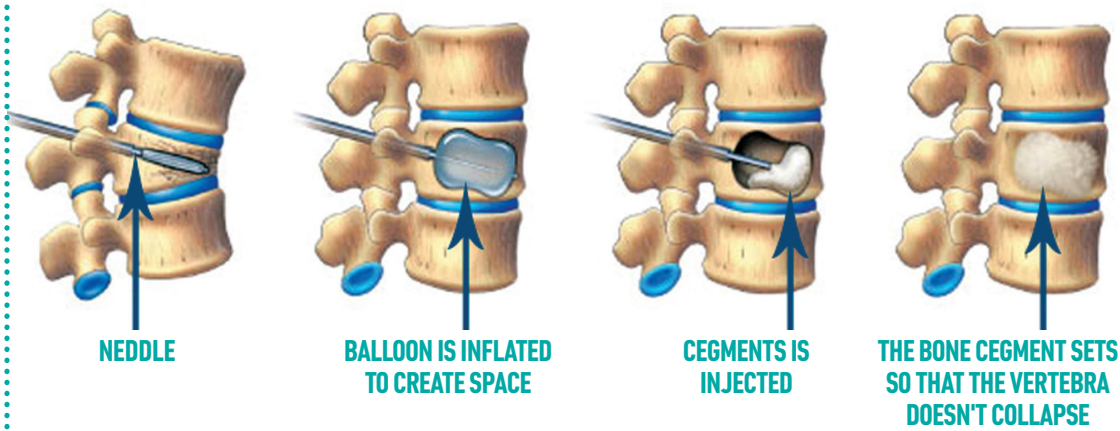
Kyphoplasty | Dr. Tien V Le | Dual Fellowship-Trained | Board-Certified Spinal Neurosurgeon



**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.

Kyphoplasty procedures usually take less than 30 minutes to perform.



### 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. You deserve the highest level of care for your spine. That means that for superior outcomes, you can trust the world-class training and expertise of a Board-certified and Dual Fellowship-trained Spinal Neurosurgeon to perform your kyphoplasty.**

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



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(813) 444-5567 office | (813) 444-5569 fax

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# SENIORS AND COVID-19

**A**s 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 out-patient 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!**



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# Stay Active

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- Asst Professor - UCF. Dept of PM&R

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MEDICAL CENTER**



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Internal Medicine

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### 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...

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# selfie



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “*Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “...we are God’s *masterpiece*...” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made.*” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



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