

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2020

Polk/Brandon Edition – Monthly

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**BAYCARE OPENS FIRST
URGENT CARE IN LAKELAND**

**HEALTHY LEGS TIPS
WHILE WORKING FROM HOME**

**CHRONIC PAIN:
SPINAL CORD STIMULATION
MIGHT BE THE ANSWER
YOU'VE BEEN SEARCHING FOR**

**BETTER HEARING,
RESILIENCE, AND YOU**

**SPINAL COMPRESSION
FRACTURES
ARE PAINFUL
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BayCare Opens First Urgent Care in Lakeland

BAYCARE 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



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.



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Developing Discipline



Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and

they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood

HEALTHY LEGS TIPS WHILE WORKING FROM HOME



VASCULAR VEIN CENTERS IS CONSIDERED AN ESSENTIAL MEDICAL PRACTICE AND AS SUCH WILL REMAIN OPEN TO SERVICE OUR PATIENTS. WE WANT TO MAKE SURE YOU MAINTAIN YOUR LEG HEALTH AT HOME.

AS WE ADAPT TO NEW WORK ENVIRONMENTS DURING THE PANDEMIC, MANY FIND YOURSELVES WORKING FROM HOME. HERE ARE SOME TIPS TO HELP KEEP YOUR LEGS HEALTHY:

EXERCISE: Using the muscles of the legs, helps your veins pump blood. The “calf pump” pushes blood back to the heart, and every step lowers the pressure in the leg. Keep blood moving by doing foot or leg exercises every 30 minutes. Simple exercises such as heel raises, wiggling your toes or going for a walk will help to keep your legs healthy. Exercise or walking in water, especially late in the day. This helps relieve venous congestion & swelling.

SIT PROPERLY: Put as little pressure as possible on the back of your thigh. Try not to cross your legs for significant periods of time.

ELEVATE YOUR LEGS: Keep your legs elevated on a stool or desk when possible.

MAINTAIN A HEALTHY DIET: Eat plenty of fruits and vegetables, whole grains, and non-processed foods. Studies show that bioflavonoids may help to strengthen vein walls. Avoid salt, it can lead to swelling. Avoid concentrated sweets and overeating, especially if you are not getting your normal exercise.

STAY HYDRATED: Drink plenty of water. Adults should drink at least 2 liters daily. Avoid soft drinks and sweeteners- these calories translate to added pounds.

KEEP YOUR SKIN WELL LUBRICATED: Moisturize your legs, especially the lower calf and ankle. If you are going outside, do not forget the sunscreen!

WEAR COMPRESSION SOCKS DAILY: Compression stockings can help to avoid symptoms & signs of vein disease; including varicose and spider veins or their progression. Compression is especially important if you are sitting or standing for long periods of time.



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HEALTHY LEGS – HEALTHY LIFE

CHRONIC PAIN:

SPINAL CORD STIMULATION

Might Be the Answer You've Been Searching For

Spine & Pain Institute of Florida



CHRONIC PAIN AFFECTS MORE THAN 1.5 BILLION PEOPLE WORLDWIDE, A NUMBER THAT OUTPACES HEART DISEASE, CANCER AND DIABETES COMBINED. THE CONDITION CAN NEGATIVELY IMPACT PERSONAL RELATIONSHIPS, PRODUCTIVITY AND A PATIENT'S DAILY ROUTINE. MANY PEOPLE TRY TO MASK THEIR SYMPTOMS WITH PAIN MEDICATIONS, BUT THESE CAN HAVE ADVERSE EFFECTS, AND SOME CAN BE HIGHLY ADDICTIVE.

That begs the question: are there meaningful alternatives for patients to find effective relief from chronic pain? The answer may lie with neurostimulation – a proven and established therapy that consists of small, implantable devices that use electricity to deliver pain relief to transform quality of life for many people who are otherwise unable to find relief from chronic pain.

SPINAL CORD STIMULATION

Spinal Cord Stimulation (SCS) is an implantable device that alters the pain signals as they travel to the brain, which reduces pain perception. It is a pain management therapy that delivers electrical stimulation to the spinal cord, dorsal root ganglion and brain.

Spinal cord stimulation or SCS is FDA approved and has been around for decades and has been used for over 40 years. Moreover, it has a highly proven success rate. Over the past few years, many overhauls have been made to the device, making it smaller, more precise and compatible with MRI imaging.

Spinal cord stimulation is classified as a neurostimulation device. It effectively redirects the pain messages, so that they do not reach the brain. This occurs through gentle yet effective electrical pulses. A unique feature to this type of neurostimulation treatment is that it's not something that a patient must commit to right away. In fact, there is a trial period for the SCS device. During this time, the physician and the patient can decide whether or not this is a successful therapy that should be implanted on a long-term basis. The trial period is normally one to two weeks and is usually ample time to make these decisions.

The implementation itself can be done under general anesthesia, or in some cases with twilight anesthesia, where the patient is minimally under sedation. Depending on the specifics of the patient's health and general wellbeing, it is usually performed in an outpatient facility.



WHAT HAPPENS DURING THE PROCEDURE?

- Sedation/Anesthesia is given
- The medical staff will prep your back for the procedure
- A tiny incision will be made on your back
- The surgeon will place the leads/wires into the epidural space
- These wires will conduct the stimulation of epidural space
- IF TRIAL BASIS: The tiny neurostimulator will be worn on a belt around waist
- IF LONG-TERM: An additional tiny incision will be made to house the small neurostimulator
- The leads are connected to the neurostimulator
- The incisions are closed with sutures (stiches)

The entire procedure takes approximately 1-3 hours to complete. The patient will receive a small handheld controller. This will enable the patient to control the amount of stimulation needed to redirect the pain signals, so that their pain is diverted, and they are essentially pain free.

This very common, yet highly effective treatment option is available for patients with chronic leg,

arm and back pain. Very often, it is used to treat patients that have undergone prior back surgery that was unsuccessful. It is also proven efficacious for other various forms of neuropathy and intolerable pain.

“ 2 weeks (after my stimulator) implant and I just finished a 2 mile walk. Dr. Jassal has exceeded my expectations...”

- Bill. S, Lakeland, FL

SPINE & PAIN INSTITUTE OF FLORIDA — NAVDEEP JASSAL, MD *Pain Management located in Lakeland, FL*

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, the Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

You don't have to live with chronic pain and there are alternatives that work to keep you pain-free. To find out more, please visit www.spiflorida.com.

To schedule your appointment please call 833-513-7246.



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.

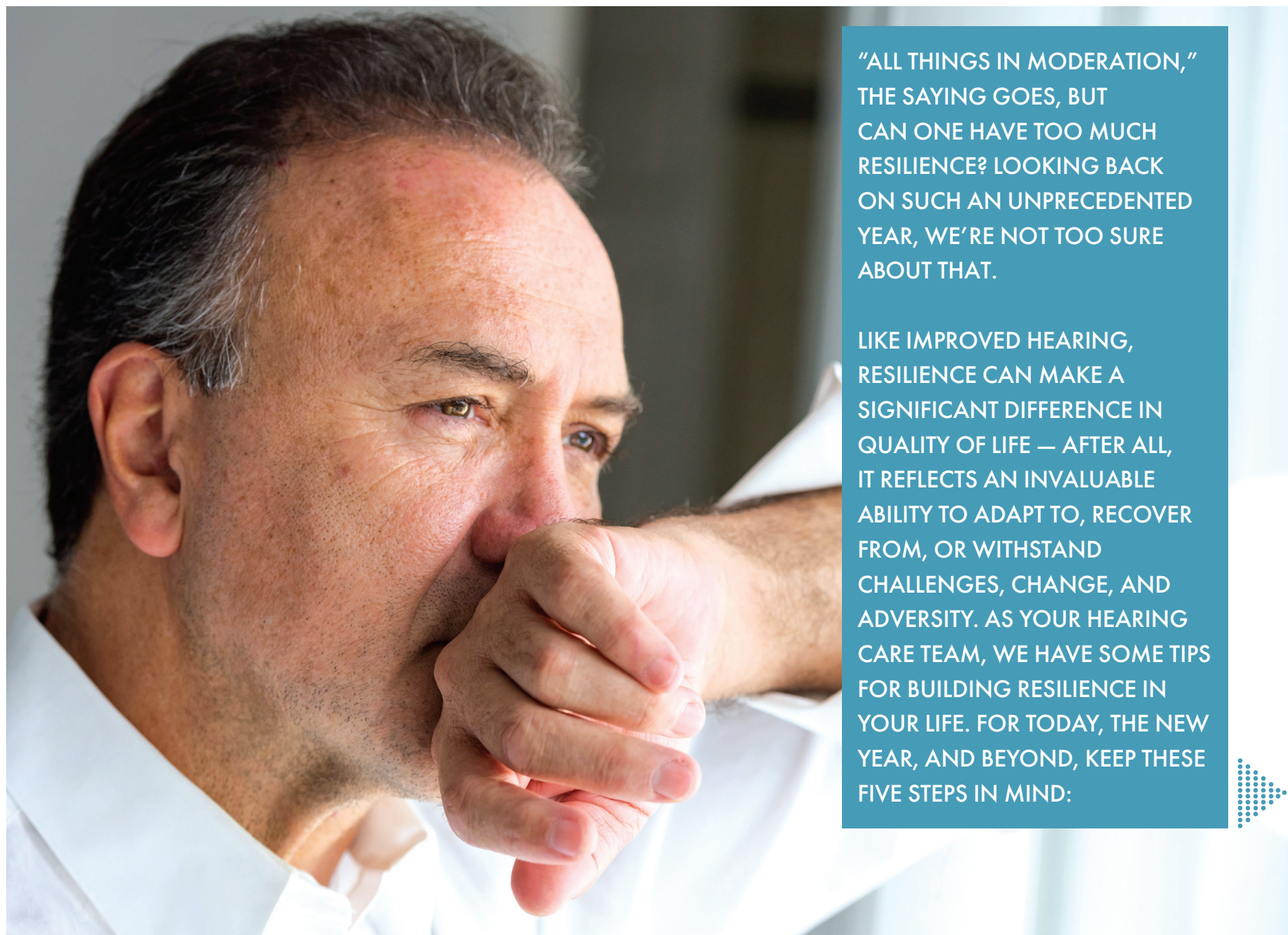


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BETTER HEARING, RESILIENCE, AND YOU

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



“ALL THINGS IN MODERATION,” THE SAYING GOES, BUT CAN ONE HAVE TOO MUCH RESILIENCE? LOOKING BACK ON SUCH AN UNPRECEDENTED YEAR, WE’RE NOT TOO SURE ABOUT THAT.

LIKE IMPROVED HEARING, RESILIENCE CAN MAKE A SIGNIFICANT DIFFERENCE IN QUALITY OF LIFE — AFTER ALL, IT REFLECTS AN INVALUABLE ABILITY TO ADAPT TO, RECOVER FROM, OR WITHSTAND CHALLENGES, CHANGE, AND ADVERSITY. AS YOUR HEARING CARE TEAM, WE HAVE SOME TIPS FOR BUILDING RESILIENCE IN YOUR LIFE. FOR TODAY, THE NEW YEAR, AND BEYOND, KEEP THESE FIVE STEPS IN MIND:



1 REMEMBER YOU'RE NOT ALONE

If you've felt somewhat disconnected in these times, that's not uncommon. Challenges such as the pandemic have upended the way we live, work, and play. Newer norms can feel uncomfortable. Drawing strength from the knowledge that others share your experiences can make a difference.

2 GAIN EMPOWERMENT THROUGH PREPARATION

If you wear hearing technology, it's probably no surprise that a little maintenance goes a long way toward helping you stay engaged. Regular DIY care supplies such as extra batteries and wax guards, and periodic clean and checks with our team can help you feel prepared for anything life brings.

3 THINK TOTAL WELLNESS

Hearing plays an important role in overall wellness, which in turn plays a role in resilience. Did you know? Ears and eyes work together to help you perceive the world. Conversely, hearing loss is linked to cognitive decline, heart disease, isolation, and other issues, so protect your hearing health.

4 COMMIT TO LEARNING

Learning not only stimulates the brain but supports resilience. It also supports better hearing, especially when learning more about your existing hearing device's helpful features and capabilities — streaming, for example — that can help you communicate confidently and navigate your world.

5 REACH OUT FOR HELP

Expanding and tapping into your network of support can help fortify your resilience. Count on our hearing care team as part of that important network, letting us know how we can help!

Has it been a while since your last hearing evaluation or technology clean and check? Don't wait. Schedule your appointment today and have complete hearing confidence during the holidays! Our Audiologists at Winter Haven and Ridge Audiology are available and accepting new patients. Give us a call at **(863) 594-1976** or submit a contact form online at **WinterHavenAudiology.com**.



CALL TODAY to schedule your appointment 863.594.1976

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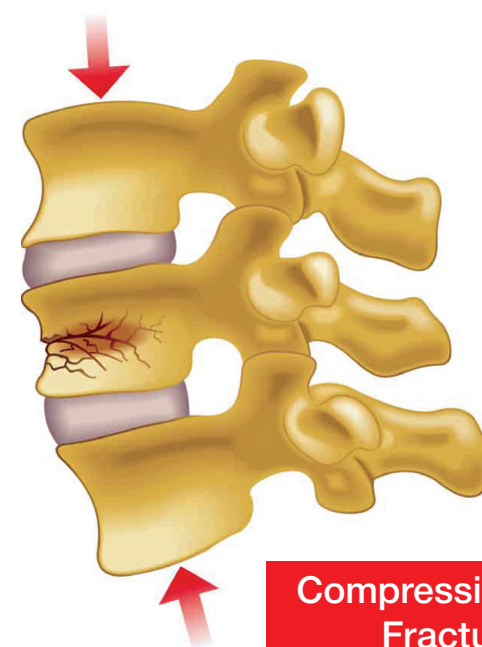
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Spinal Compression Fractures are Painful and Debilitating.

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

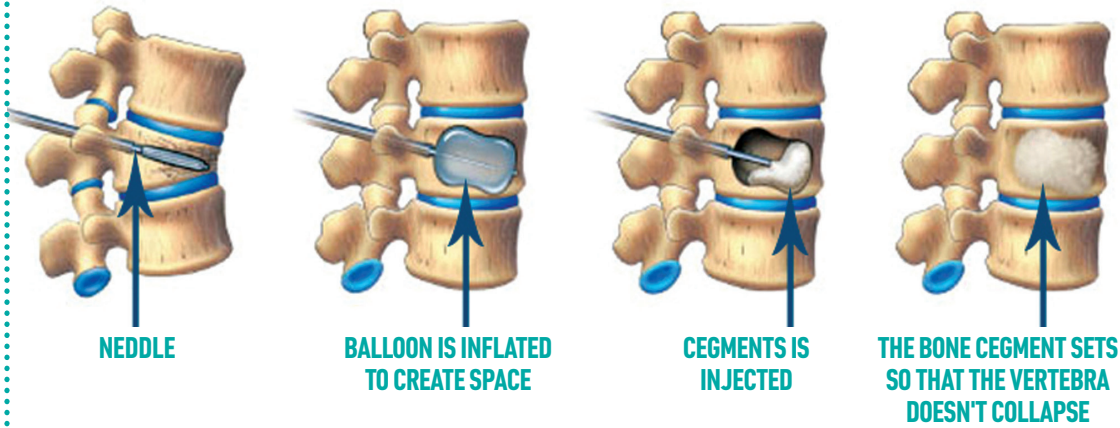
Kyphoplasty | Dr. Tien V Le | Dual Fellowship-Trained | Board-Certified Spinal Neurosurgeon



Compression Fracture

Kyphosis 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.



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

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STRESS RELIEF

YOUR FOLLICLES WILL THANK YOU FOR

By Dr. Alan J. Bauman, MD, ABHRS
Board-Certified Hair Restoration Physician

for Women, and Nutrafol Women's Balance, formulated for women over age 50, are exciting nutraceutical products because they target several possible triggers for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage and others.

If your goal is to relieve a little stress while doing something good for your scalp, you may want to consider indulging in a “Scalp Makeover” by our salonB trichologist (hair & scalp specialist), which utilizes a scientific evaluation of the scalp and then a custom therapeutic regimen that might include a stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.



A “Scalp Makeover” is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

It has been a stressful year, and the one thing we can probably all agree on is, we're thankful that it is almost over.

Between concern for our health and the health of our loved-ones, the stress has been overwhelming and seemingly never-ending. Not to mention our financial health, changes in work or school from home, impacts to our lifestyle including our nutritional habits, exercise regimens, sleep, social isolation and distancing, as well as disruption in our self-care routines, all have significant implications for us, our communities and nearly everyone around the globe.

Stress can often have us literally pulling our hair out, but what kind of effect can this stress really have on our hair and what can we do?

STRESS AND YOUR HAIR

There is a lot of talk about all the negative ways stress can impact our health. Did you know it could even affect your hair? That's right, it is no myth that increased levels of stress can severely impact our follicles. This effect is due in part to our body's survival mechanisms, especially elevated cortisol, and our body's response to them. Prolonged or severe psychological or physiological stress can lead to hair problems such as sudden excessive

shedding and accelerated hair thinning, as well as trigger or exacerbate inflammatory problems like dryness, flaking, and types of dermatitis of the scalp – especially if there are underlying scalp and hair loss conditions like male or female pattern hair loss.

For many of us, the stress of 2020 has led us to make some lifestyle choices that aren't always the healthiest, such as smoking, drinking, irregular sleep patterns, less exercise, etc. These habits aren't just unhealthy; they can also act as triggers for unhealthy hair, and even hair loss.

If you and your tresses are feeling stressed, there is good news, there are an abundance of natural, chemical-free treatments that can not only help boost the health of your hair, but can also help relieve some of the stress you're feeling.

GIVE YOUR STRESSED FOLLICLES SOME 'TLC'

Did you know that your hair follicles are amongst the most metabolically active populations of cells in your body? If you are looking to give your hair a boost at home, a nutritional supplement like professional-grade Bauman-MD “SuperBiotin” or perhaps Nutrafol -- a multi-nutraceutical, are good places to start. Nutrafol for Men, Nutrafol



The Award-winning Bauman Turbo LaserCap is the most technologically advanced portable low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for those with thinning hair, as well as hair loss prevention and overall hair health.

The biggest takeaway should be that early intervention is the key to preventing and managing both unhealthy hair and hair loss. Once we understand the cause of your hair loss, we can determine the best way to stop you from losing more hair, enhance the hair you have and restore the hair you've lost. For most patients, this means using a combination, or 'multi-therapy' approach: several non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you've lost. Some patients might accomplish their goals using only non-invasive treatments.

For more information on the causes and treatments for hair loss, or to learn what treatment regimen is right for you, please call **561-220-3480** or point your camera at the QR code on the right to schedule your consultation at **www.baumanmedical.com**.



CHECK OUT THE BAUMAN ESTORE

There are some exciting new offerings from the "Bauman eStore," like our new Virtual PRP™ 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.

INTACT® FOR STRESS-RELATED SHEDDING

Seeing hair literally fall out of your head and collect in your brush or your shower drain can be concerning. If you are experiencing stress-related hair fall, you may want to consider INTACT® Scalp & Hair Primer, which has been proven to reduce hair loss due to shedding by up to 77%. This new, cutting-edge, at-home topical treatment works by using a organic ingredient that has been scientifically proven to activate the arrector pili muscles, which are actually the "goosebump" muscles, protecting your follicles from hair loss by securing hair at the root during shampooing or styling – during times when shedding is most noticeable.

If you have questions about INTACT® for shedding, or other hair growth treatments you could be doing at home (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 at BaumanMedical.com.

About Dr. Alan J. Bauman



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 7000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS).

Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, Eyelash Transplants and others.

Dr. Bauman was voted "#1 Top Hair Restoration Physician" in North America by Aesthetic Everything for the 4th consecutive year and was recently named by Forbes as one of "10 CEOs Transforming Healthcare in America."



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