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Health & Wellness[®] MAGAZINE

December 2020

Polk/Brandon Edition – Monthly

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Health & Wellness MAGAZINE

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.



 **BayCare**
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BayCareUrgentCare.org



THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



VASCULAR VEIN CENTERS Celebrates **19 YEARS** Serving Central Florida

WE ARE OPEN AND SAFE



As your choice for leg health needs, Vascular Vein Centers celebrates 19 years serving Central Florida. We are proud of our continued presence in the Central Florida community and we are committed to many more years of service.

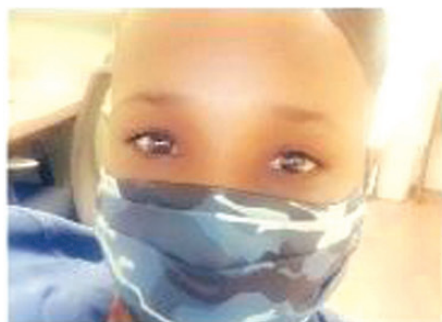
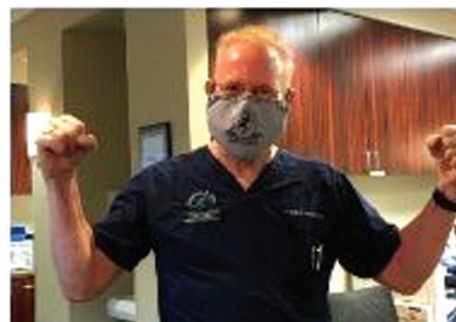
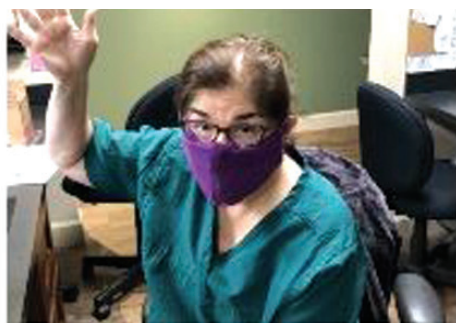
Vascular Veins Centers is your home for vein health. We are not affiliated with an institution or hospital, so our only focus is on our patients and the health of their legs. By treating venous disease, varicose veins, spider veins, lower leg swelling, achy & heavy legs we can help you have healthy veins for a healthy life.

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VVC COVID-19 UPDATE

With the current spike in positive COVID-19 cases in our Central Florida community, we strongly urge all our patients to follow Center for Disease Control (CDC) guidelines regarding face coverings. Those recommendations include wearing a face covering whenever in public places. A face covering is defined as any cloth material which covers the nose and mouth of an individual.



HOW WE ARE KEEPING YOU SAFE DURING THE PANDEMIC

Your health and safety are our primary concerns. We remain open and have enhanced our facility cleaning measures to comply with the latest from the CDC and Florida Department of Health. We are taking the necessary precautions to keep you safe including:

- Face Coverings are required by all staff and patients
- COVID-19 screening questions before your encounter
- Constantly disinfecting waiting rooms, bathrooms, and exam rooms
- Limiting the number of patients in the waiting rooms
- Providing you the option of remaining in hour car until your appointment time. Call us from your vehicle when you arrive, and we will provide instructions.
- Visitor Policy: At this time, it is best for everyone’s safety that we do not allow non-patient visitors in our clinics. (Exceptions allowed for patients who need assistance.)

The staff at VVC want to thank you for your cooperation.



CALL TODAY FOR YOUR FREE HEALTHY LEG SCREENING



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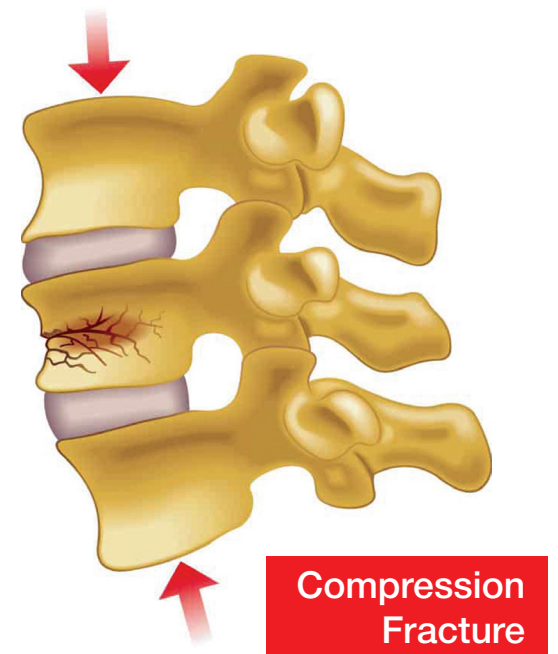


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Spinal Compression Fractures are Painful and Debilitating.

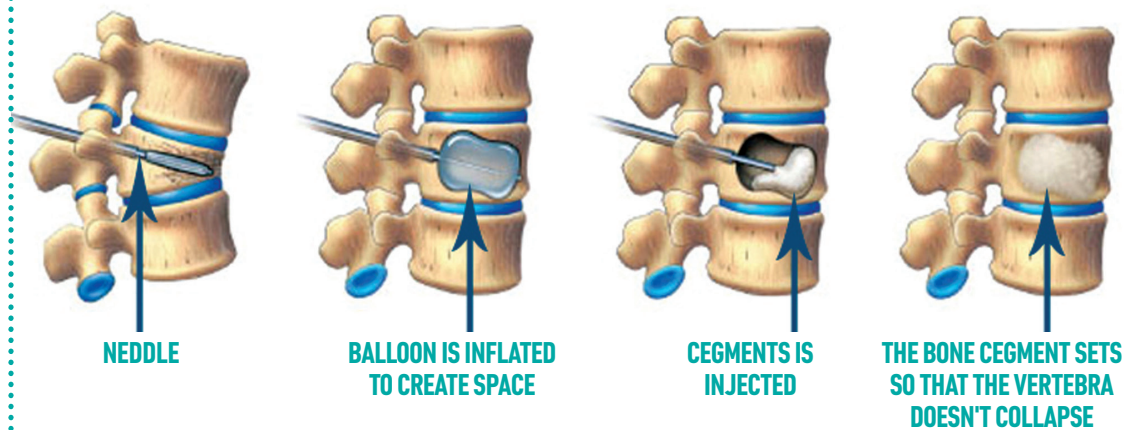
Seeking Treatment is Critical, but You Should Not Settle on Just Anyone to Perform Your Kyphoplasty

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



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
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DIABETES & HEARING LOSS: PROTECT YOUR EARS

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



DID YOU KNOW? HEARING LOSS — WHICH AFFECTS ABOUT ONE OUT OF EVERY FIVE AMERICANS — IS TWICE AS COMMON AMONG PEOPLE LIVING WITH DIABETES, MAKING HEALTHY HABITS AND REGULAR HEARING CHECKUPS ALL THE MORE CRUCIAL FOR OVERALL WELLNESS. READ ON FOR MORE FACTS ABOUT DIABETES AND WAYS TO KEEP YOUR HEARING AT ITS BEST.

FAST FACTS

- Over 30 million people in the U.S. have diabetes, a chronic metabolic disease that isn't yet curable but can be managed.
- Controlling blood sugar is crucial to managing diabetes, which, if uncontrolled, can lead to other problems such as cardiovascular disease, kidney damage, and hearing loss.
- Hearing loss is not only twice as common among those with diabetes but 30 percent higher among adults with prediabetes.
- Like age-related hearing loss, diabetes-linked hearing issues commonly take a toll on higher-frequency hearing.
- People with diabetes can have a harder time hearing speech in noisy environments such as restaurants and parties.

It's not yet known all the ways diabetes and hearing impairment are connected, but research has identified poor blood flow to the cochlea as the main culprit in hearing loss among diabetic patients.





HEALTHY WAYS TO FIGHT BACK

Diabetes may play a role in hearing loss, but you can fight back by helping reduce your overall risk of hearing impairment. **Some prevention tips:**

1. Manage your diabetes if you have the disease, using strategies created with your medical doctor.
2. Reduce exposure to excess noise, one of the most preventable causes of hearing loss.
3. Eat a balanced, nutritious diet, which contributes to better ear functioning.
4. Avoid tobacco use, a risk factor for cancer, hearing loss, and many other problems.
5. Stay physically active, because excess weight not only ups the risk of diabetes but can tax your hearing.

Get your hearing evaluated by a licensed audiologist at least once a year — just like regular care for your eyes or teeth — for early testing, detection, and treatment of any problems.

Diabetes-associated hearing loss could affect one or both ears, may occur suddenly or gradually, and could appear with or without balance problems of the inner ear, but routine professional hearing checks can help catch potential issues early.

MAXIMIZING YOUR HEARING HEALTH CARE

- Schedule a hearing checkup with your audiologist at least once a year.
- Consider bringing a companion who can provide emotional support, another perspective on your hearing difficulties, and a familiar voice when trying out hearing technology.
- Tell your audiologist about your most challenging listening situations — for example, noisy restaurants, phone conversations, or other circumstances.

- Describe any changes in your hearing or balance since your last evaluation.
- Ask the audiologist to share exam results with your primary doctor and other providers on your health care team.

Seek tips from an audiologist on best ways to manage your hearing health and further reduce the risk of hearing loss. Our hearing care team 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 to schedule your appointment today.

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CALL TODAY to schedule your appointment 863.594.1976

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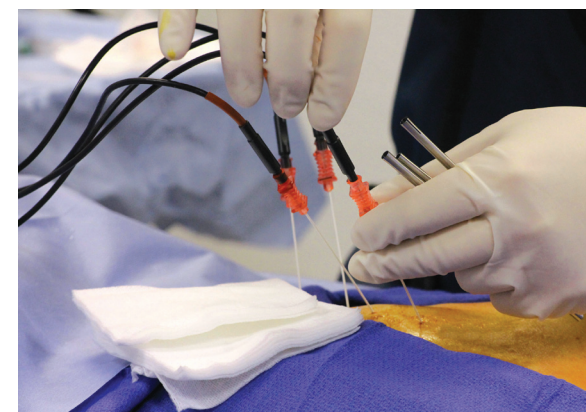
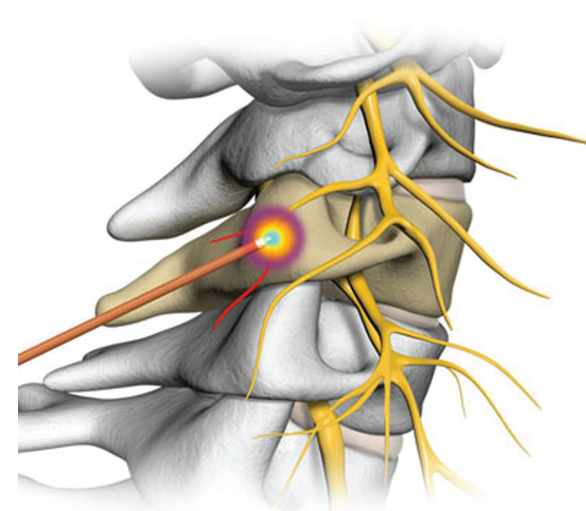


RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

WHAT IS RADIOFREQUENCY ABLATION?



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

WHAT CONDITIONS ARE TREATED BY RADIOFREQUENCY ABLATION?

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

A

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



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

HOW DOES RADIOFREQUENCY ABLATION WORK?

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

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

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

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

IS RADIOFREQUENCY ABLATION EFFECTIVE?

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

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

ARE THERE ANY RISKS ASSOCIATED WITH RADIOFREQUENCY ABLATION?

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

They include:

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

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

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



About Dr. Jassal

If you want an award-winning expert who offers the latest treatments to reduce pain, look no further than Navdeep Jassal, MD. At his practice, Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

Dr. Jassal started his medical education at the University of California, San Diego, where he earned his bachelor of science in biology. He then continued onto Ross University School of Medicine in Dominica, West Indies, completing his Doctor of Medicine degree. He completed his physical medicine and rehabilitation residency at the Zucker School of Medicine at Hofstra/Northwell in Great Neck, New York, and was elected chief resident during his final year. Dr. Jassal then rounded out his medical training with a pain medicine fellowship at the University of South Florida Morsani College of Medicine in Tampa, Florida.

Today, Dr. Jassal is certified by the American Board of Physical Medicine and Rehabilitation in both pain medicine and physical medicine and rehabilitation. He leverages his pain medicine specialty to help patients manage even the most complex pain.

Dr. Jassal treats chronic and acute pain, including cancer pain, neurological pain, and musculoskeletal pain. To do this, he offers each patient a personalized interventional treatment plan that may include tailored physical therapy, medication, and procedures like implantable spinal cord stimulators, intrathecal drug delivery systems, lumbar decompression, minimally invasive sacroiliac joint fusion and more.

When he's not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida's pain medicine fellowship. He is also actively involved in research to uncover new, minimally invasive ways to treat spinal pain.

Dr. Jassal is an award-winning physician. In the Tampa edition of Top Doctor, he was voted the #1 Tampa pain physician in 2018 and was runner up in 2019. The University of South Florida named him Pain Faculty Attending of the Year in 2018. In addition, he recently won first place at the annual meeting of the American Society of Interventional Pain Physicians for his research and consistently presents at regional and national conferences on his outcomes.



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SAYING GOODBYE TO 2020, SETTING #HAIRGOALS FOR 2021

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



As we get ready to close the door on 2020 and look ahead to 2021, most would agree the New Year can't come soon enough.

It has been a challenging year. A year filled with stress, hardships, and uncertainty. We've been forced to sit through too many Zoom meetings and attend too many virtual celebrations. We were forced to put our lives on hold and anything non-essential seemed to get pushed indefinitely to the back burner. While there are still challenges ahead, it is important to find ways to practice self-care – because that is something we could all use a little more of these days.

We're all looking forward to a fresh start in the New Year and giving your follicles a boost is a great place to start.

SELF-CARE AND MORE

Thinning or receding hair can be a painful process for both men and women. While it is commonly dismissed as merely a cosmetic problem, it often isn't the physical symptoms that are hardest for patients to overcome, but instead, the loss of confidence and self-esteem that follows that is especially damaging to those afflicted.

In addition to a bevy of new and enhanced medical treatments for hair loss, the medical community is also recognizing the deep-rooted effects of hair loss. The shame and stigma that has long been associated with hair loss are slowly waning, as more physicians and patients seek to understand hair loss better and treat it as a medical condition and not just a cosmetic issue. The amazing benefits of restored confidence and well being when achieving a thicker fuller head of hair should not be underestimated.

THE GIFT OF HEALTHIER HAIR

If you, or someone you love, had to put their hair restoration goals on the back burner this year, consider giving them "the gift of healthier hair" this holiday season. You can now shop the "Bauman eStore" for advanced and effective at-home treatments that can help you not only achieve healthier hair but get a jumpstart on your hair restoration goals – all from the comfort and safety of your own home.



Some of the exciting at-home treatment gift options available include:

- Bauman "Turbo" LaserCap is the fastest, most portable, most-advanced, hands-free, cordless, rechargeable medical-grade low-level laser therapy device. The Turbo LaserCap was designed for men and women to deliver effective laser therapy for hair regrowth to the widest scalp treatment area possible in a convenient and discreet way.
- 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.
- The BaumanMD Nutritional Supplement Kit, which gives you a full 90-day supply of SuperBiotin as well as the BaumanMD Hair Vitamin Complex. Together, these two supplements offer an easy way to promote healthier hair from the inside-out.

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.

MAKING HAIR GOALS FOR 2021

A healthy head of hair is possible – if you follow the right steps. From eating right to finding the right styling regimen, or laser therapy treatments, or advanced nutraceuticals, there are a lot of great things you can do to keep your hair strong and healthy. The first steps to fuller follicles are to assess the current state of your hair, identify any problems or risk factors, then create a plan of action that can help you get your hair back on track. For some, this is as simple as a shampoo

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.



Before and one day after
No-shave VIP|FUE™
by Dr. Alan Bauman

- PDOgro™ – Implanted Polydioxanone threads for hair growth

change or daily vitamin supplement, for others, a professional medical consultation from a hair loss specialist is needed to get to the root of the problem.

If you are experiencing hair loss or thinning, contact a hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs.

TOOLS AND TREATMENTS AVAILABLE

Today, thanks to a better understanding of the hair loss process, and a host of effective tools and treatments, we are able to protect and enhance the function of hair follicles at every stage of the process.

Advanced, leading-edge treatments that are available to help you meet your hair restoration goals, include:

- Minimally Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)

- Non-surgical 3D-Printed Hair Systems or Cranial Protheses
- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy – FDA-cleared, drug-free, side-effect-free hair regrowth using powerful physician-only devices such as CapillusRX 312 or the Bauman "Turbo" LaserCap devices for at-home use.
- Vitamins, Nutritionals & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO
- Hair Loss Risk Management – the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

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 below to schedule your consultation at **www.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."

TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and its treatment.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Look for a COVID-Protected Hair Transplant Facility that has made substantial investments toward keeping patients and their team safe.
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and-or consult "virtually" via phone, Skype, Facetime, etc.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.



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

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