

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

January 2021

Polk/Brandon Edition – Monthly

www.HealthandwellnessFL.com



FREE



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DEMENTIA, DEPRESSION,
FALLS IN SENIORS**

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THE SILENT KILLER**

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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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SELFIES



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)

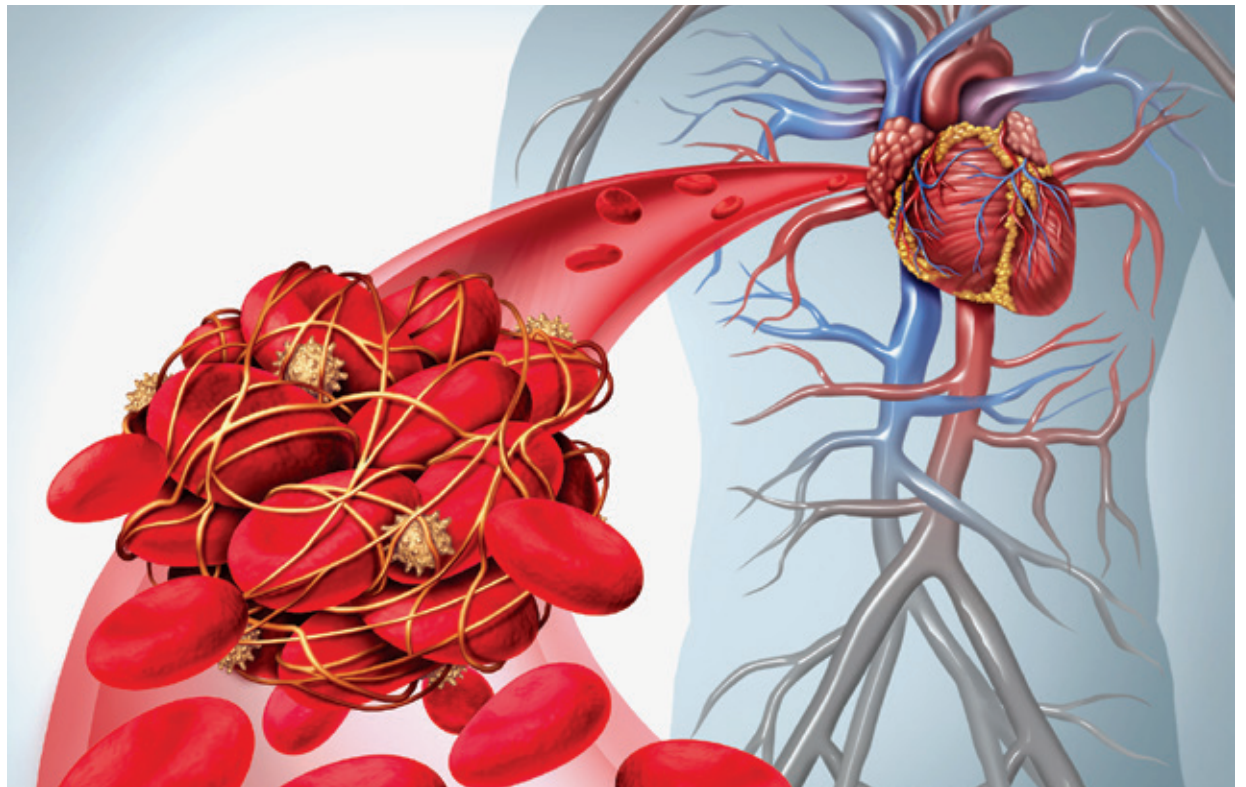
No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

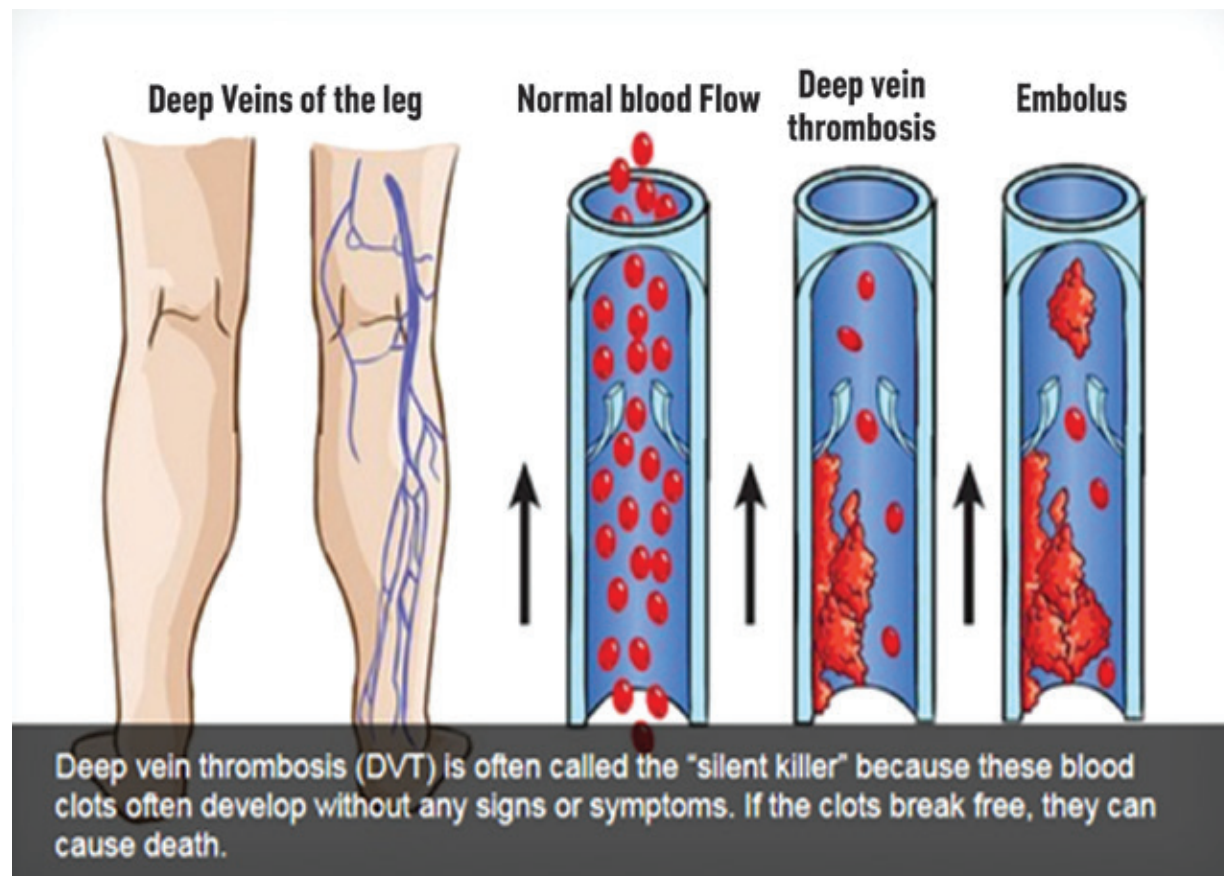
Brent Myers

By: SAMUEL P. MARTIN, MD, FACS
Founder and Medical Director
at Vascular Vein Centers

DVT: THE SILENT KILLER



March is National DVT Awareness Month! DVT stands for Deep Vein Thrombosis. This a clot in a deep vein that can obstruct blood flow in the vein.



What is it about DVT that is so significant that national recognition is focused on it for one month? DVT is referred to as the “silent killer” and is the single largest cause of mortality in hospitals in patients with another admitting diagnosis. This is because a clot in the leg or pelvic, usually occurring after an abdominal, pelvis or orthopedic operation, trauma or stroke, breaks off and passes through the heart to block the flow of blood to the lungs (pulmonary embolus- PE) causing shortness of breath and/or chest pain and can cause death if the clot is large enough.

As many as 900,000 people could be affected by DVT (1 to 2 per 1,000) each year in the United States.

- Up to 100,000 Americans will die as a result of a DVT with a pulmonary embolus. Two thirds of these people die in the hospital or within a few weeks of hospitalization.
- Half the people who develop a DVT will have long-term consequences such as swelling, pain, discoloration and skin changes around the ankle of the affected leg.
- One-third of those with a DVT will have a recurrence within 10 years.

Clots in the legs occur for a variety of reasons. Some people inherit a tendency to clot, referred to as thrombophilia.

- Cancer, obesity, pregnancy, prolonged travel and sedentary lifestyle also present significant risks for DVT.

The clot can be completely asymptomatic (“silent”) in the affected vein, or it can cause:

- Sudden leg swelling
- Pain, aching or fullness & pressure in the leg
- Warmth or coolness of the leg in the area of discomfort
- Skin discoloration of the lower leg

Consult your physician immediately if you have any of the symptoms or physical signs listed above.

WHAT CAUSES A DVT?

There is a greater risk for a clot with operations or on long trips. Risk of clot is significant with patients who have orthopedic operations — back, hip, knee and in abdominal or pelvic procedures or trauma cases. Prevention involves early mobilization, pneumatic compression of the legs while in the operating room and afterward, and use of anticoagulants, especially in those with a previous history of clots or a family history of clots and in patients with cancer. Long trips with little movement, especially with constricting garments or dehydration, increases the risk of developing clots. Compression stockings, hydration and frequent movement or flexing the foot can help a great deal. This is especially important in overweight or obese people and in women who are pregnant because of a higher risk for clots.

RISK CAN BE REDUCED BY:

- **Maintaining a good body weight**
- **Staying active and exercising regularly**
- **Avoid smoking**
- **Knowing your potential risk factors and discussing them with your health care provider**



In discussing clots in the legs, we must be mindful that there are two systems of veins in the legs — a deep system and a superficial system. The deep system is surrounded by muscles and carries most of the blood out of the legs. It is at the greatest risk for complications from clots. We can’t see or feel these veins. A clot could be “silent” with no pain or swelling or it could cause dull, heavy, pressure, pain and swelling.

Clots in superficial veins, outside of the muscle tissue, can cause a lump or cord which is tender to touch, painful especially when standing and sometimes has a pink color in the overlying skin. If there is pink discoloration of the skin, it is not infection. While these clots may be painful, they don’t lead to dangerous consequences and aren’t

a cause for panic. Nevertheless, an appointment should be made with a physician, particularly a vascular specialist, and a Doppler ultrasound test should be performed.

TREATMENT OF DVT

Clots in the deep veins require medical therapy. Your provider may prescribe an anticoagulant or blood thinner such as Heparin, Coumadin or one of the new anticoagulants like Xarelto, Eliquis or Pradaxa. You should try to stay active, wear compression stockings and elevate your legs when sitting.

Resolve to get up, get out, keep moving and wear your compression for healthy, beautiful legs and decrease your chances of developing clots.



The highest risk for DVT is after a procedure.



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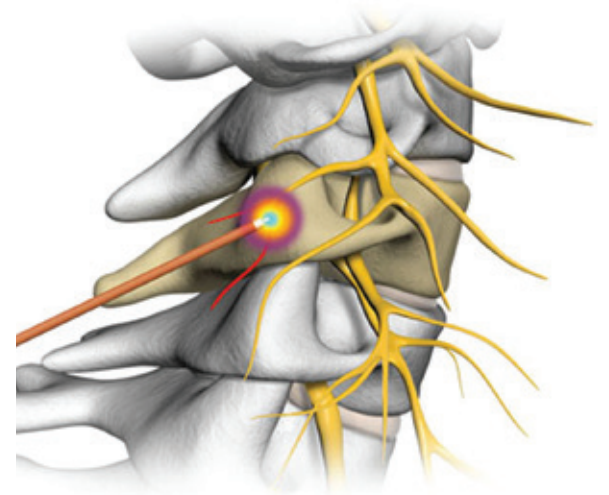
next to IMA Pichardo Clinic

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.

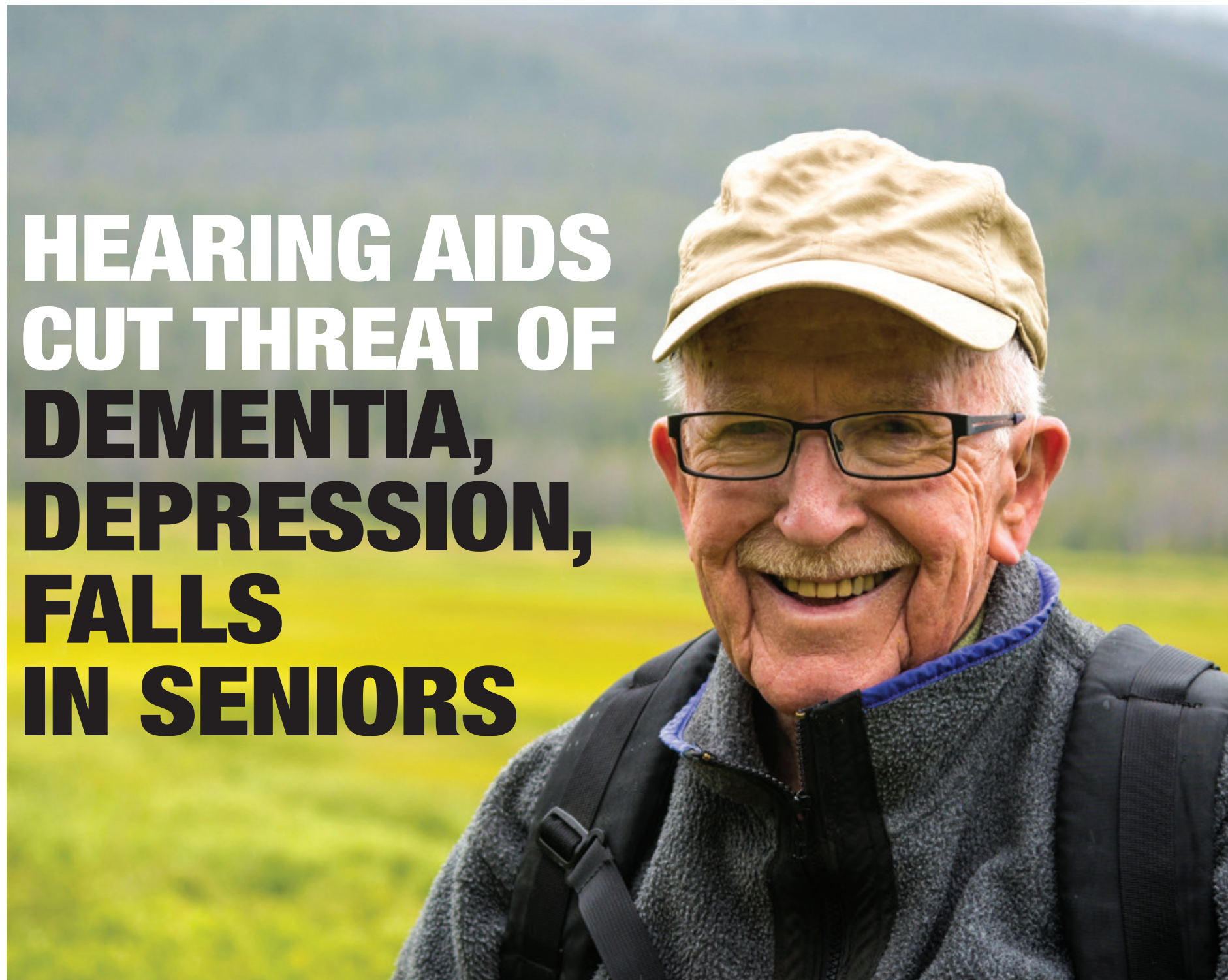
When he's not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida's pain medicine 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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HEARING AIDS CUT THREAT OF DEMENTIA, DEPRESSION, FALLS IN SENIORS

NEWLY DIAGNOSED HEARING-IMPAIRED SENIORS WHO ARE TREATED WITH HEARING AIDS EXPERIENCE REDUCED ODDS OF DEMENTIA, DEPRESSION, ANXIETY, AND FALL-RELATED INJURIES OVER THEIR NONTREATED PEERS, PER A RECENTLY PUBLISHED UNIVERSITY OF MICHIGAN STUDY.

The findings, published in the Journal of the American Geriatrics Society and discussed in a recent U-M news release, involved anonymous data from nearly 115,000 Medicare HMO participants aged 66 and older with hearing loss. Per the release, researchers determined that the hearing aid users had:

- 18% lower risk of a dementia diagnosis within three years of being diagnosed with hearing loss
- 11% lower risk of a depression or anxiety diagnosis within the same three-year period
- 13% reduced chance “of being treated for fall-related injuries”

SEEING IMPACTS

Studies have long linked hearing loss and other conditions such as cognitive decline in older adults — with data showing evidence of accelerated brain shrinkage, five-fold risk of dementia, earlier onset of decline, and other changes — but there’s growing evidence of hearing technology’s affirmative benefit to brain health.

A commission appointed by medical journal The Lancet, for example, found that curtailing a selected group of potentially modifiable risk factors such as low childhood educational level, hypertension, obesity, smoking, and hearing loss could help **cut dementia cases by a third worldwide.**

Like hearing loss, dementia exacts a cost not only in cognitive functioning, mental health, and physical wellness but also in economic consequences, with some researchers estimating total annual cost for care at over \$800 million annually worldwide.

It’s unclear exactly why hearing loss goes hand in hand with increased rates of dementia, depression, anxiety, and falls, but the U-M team suspected it may in part involve deficits in social interaction, independence, brain stimulation, and balance.

“Some researchers also believe,” the news release noted, “that the loss of nerve impulses from the ear to the brain, and loss of cognitive ability leading to dementia, could be part of the same aging process.”



Investigators found, however, that **“only 12% of those who have a formal diagnosis of hearing loss actually get [hearing aids] — even when they have insurance coverage for at least part of the cost.”** Researchers also noted racial, ethnic, geographic, and gender disparities in hearing aid usage.

TAKING ACTION

Though researchers in the present study suggested additional investigations to determine the existence and extent of any causal relationship, they concluded that “timely diagnosis of [hearing loss] and early use of [hearing aids] may delay

the diagnosis of cognitive decline and reduce the risk of injurious falls.”

Patients who potentially need hearing help may have associated conditions such as cognitive impairment, depression, anxiety, balance issues, cardiovascular disease, or diabetes.

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.

University of Michigan Institute for Healthcare Policy & Innovation. Study Links Hearing Aids to Lower Risk of Dementia, Depression & Falls; Only 1 in 8 Older Adults With Hearing Loss Have One. <https://ihpi.umich.edu/news/study-links-hearing-aids-lower-risk-dementia-depression-falls-only-1-8-older-adults-hearing>. Accessed Sept. 23, 2019. Mahmoudi E. et al. Can Hearing Aids Delay Time to **Diagnosis of Dementia, Depression, or Falls in Older Adults?** Journal of the American Geriatrics Society. 2019;DOI: 10.1111/jgs.16109. Frankish H, Horton R. Prevention and Management of Dementia: A **Priority for Public Health | The Lancet.** [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31756-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31756-7/fulltext). Accessed Sept. 23, 2019. Johns Hopkins Medicine. Hearing Loss Linked to Accelerated Brain Tissue Loss. https://www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_accelerated_brain_tissue_loss_. Accessed Sept. 23, 2019. The JAMA Network | JAMA **Neurology. Hearing Loss and Incident Dementia.** <http://jamanetwork.com/journals/jamaneurology/fullarticle/802291>. Accessed Sept. 23, 2019. Johns Hopkins Medicine. Hearing Loss Accelerates Brain Function Decline in Older Adults. https://www.hopkinsmedicine.org/news/media/releases/hearing_loss_accelerates_brain_function_decline_in_older_adults. Sept. 23, 2019.

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OUR TEAM WILL TAKE CARE OF YOU – A comprehensive team Approach to Your Health

Total Spine and Brain Institute

Do you ever feel like doctors do not provide the personalized attention you deserve? Do you feel like you are just a number? Total Spine and Brain Institute provides “World Class Care,” and they take pride in treating each patient with the personalized approach that is necessary to build the relationship between their staff and you for optimal results.

They are the experienced experts offering personalized spine care in the Tampa Bay area. Undergoing spine or brain surgery is one of the most important decisions a patient will ever make. That is why you cannot settle on just anyone. Dr. Tien Le is trained in the most cutting-edge neurosurgical techniques, resulting in the most precise surgical care.

The friendly staff at Total Spine & Brain Institute will work with you, your family, and your referring physician to ensure that you receive the best care possible. Dr. Tien V. Le is patient-focused and explains every possible course of action. He listens and treats you with the respect, care, and compassion you deserve. Patient conditions are thoroughly discussed, and options are explained in a way that empowers you to make the best treatment choices. We often focus on treatment options that don't involve surgery whenever possible. Our team works seamlessly to ensure you receive the highest quality of care available.

We are Spine and Brain Experts and Specialize in the Following Procedures and Techniques:

Minimally Invasive Spine Surgery

Minimally invasive spine surgery has revolutionized the field within the last two decades. Prior to its introduction, traditional spine surgery required extensive dissection of the normal tissues surrounding the spine.

Kyphoplasty

A compression fracture or a break in one of your vertebra can be painful. It can also make it difficult to move freely. That's because a break can result in bone fragments rubbing against each other. Surgery can help treat such fractures. For example, kyphoplasty and vertebroplasty are minimally invasive procedures that are often performed

together. Usually, they can be done without a hospital stay.

Non-Fusion Spine Surgery For: CONDITIONS

- Carpal Tunnel Syndrome
- Ulnar Neuropathy
- Spinal Tumors
- Non-Fusion Spine Surgery

PROCEDURES

- Carpal Tunnel Release (Median Nerve Neurolysis)
- Ulnar Nerve Neurolysis (release)

Cervical Spine

CONDITIONS

- Radiculopathy / Pinched NerveRadiculopathy / Pinched Nerve
- Herniated Disc
- Bone Spurs
- Spinal Stenosis
- Myelopathy
- Kyphosis and Deformity
- Instability
- Fractures
- Neck Pain

PROCEDURES

- ACDF (Anterior Cervical Discectomy and Fusion)
- Artificial Disc Placement to preserve motion (Cervical Arthroplasty)
- Anterior Cervical Corpectomy
- Posterior Cervical Laminectomy (+/-) Fusion
- Posterior Cervical Laminotomy and Foraminotomy
- Cervical Stabilization Procedures
- Vagal Nerve Stimulator Placement

Thoracic and Lumbar Spine

CONDITIONS

- Radiculopathy / Pinched Nerve
- Sciatica
- Bulging Disc / Disc Protrusion
- Herniated Disc



- Bone Spurs
- Facet Synovial Cyst
- Spinal Stenosis
- Foraminal Stenosis
- Spondylolisthesis
- Scoliosis and Deformity
- Fractures
- Instability
- Degenerative Spine Disease
- Back Pain
- Bulging disc treatment

PROCEDURES

- Microscopic Discectomy (Microdiscectomy)
- Microscopic Decompressive Laminotomy / Laminectomy
- Microscopic Foraminotomy
- Percutaneous Instrumentation
- Kyphoplasty / Vertebroplasty
- Spinal Cord Stimulator
- Spinal Fusion Techniques
- ALIF (Anterior Lumbar Interbody Fusion)
- OLIF (Oblique Lumbar Interbody Fusion)
- DLIF / XLIF (Lateral Lumbar Interbody Fusion)
- TLIF (Transforaminal Lumbar Interbody Fusion)
- PLIF (Posterior Lumbar Interbody Fusion)
- Synovial Cyst Resection
- Posterolateral Fusion
- Reconstructive Spine Surgery
- Scoliosis Correction
- laminectomy

Brain Surgery

CONDITIONS

- Brain Tumors
- Meningiomas
- Gliomas
- Metastases
- Facial Pain Syndromes (Trigeminal Neuralgia)
- Subdural Hematoma
- Chiari Malformation
- Intracranial Hemorrhage
- Skull Fractures

PROCEDURES

- Craniotomy for Tumors
- Stereotactic-Navigated Craniotomy for brain tumor resection

- Stereotactic-Navigated Brain Biopsy
- Burr Hole / Trephine Craniotomy
- Suboccipital Craniectomy for Chiari Decompression
- Microvascular Decompression of Cranial Nerves
- Ommaya Reservoir Placement

Robotic Spine Surgery

At Total Spine & Brain Institute, we specialize in minimally invasive spine surgery and complex spinal disorders. We employ the latest in cutting edge technologies including robotic assisted spinal surgery platforms for better accuracy and results. In fact, Dr. Le was the first surgeon in Hillsborough county to utilize the cutting-edge Mazor X™ technology.

Robotic-assisted spine surgery has many advantages that can lead to a faster recovery time, ultimately returning patients to their active lifestyles faster. This includes:

- Improved surgical accuracy and precision
- Smaller incisions
- Less risk for surgical complications
- Less exposure to radiation
- Plus, shorter hospital stays

MAKING THE DECISION TO HAVE SPINE OR BRAIN SURGERY IS COMPLEX, TRUSTING THE EXPERTS SHOULD BE EASY. CONTACT TOTAL SPINE AND BRAIN INSTITUTE TODAY TO FIND OUT MORE ABOUT HOW THEIR TEAM CAN HELP YOU.

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ABOUT US – TOTAL SPINE AND BRAIN INSTITUTE'S TEAM

TIEN V. LE, MD, FAANS

Diplomate, American Board of Neurological 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.

Julianne Wilkins, PA-C

Julianne Wilkins grew up in Akron, Ohio. She moved to Florida and received her Bachelor's degree in Nutrition from Florida State University. She then went on to Kent State University, and received a Master's of Science in Nutrition. Upon graduation, she worked as a Clinical Dietitian and was empowered to help people improve their health and quality of life. To further her ability to do so,

Julianne went on to the University of South Florida and received her Master's of Science degree in Physician Assistant Studies. Her clinical acumen and passion for the complexity of the neurosciences led her to pursue a career in neurosurgery at Total Spine & Brain Institute, where she is integral in both the operating room and the clinic. Her goal is to provide the best possible care for her patients by helping them understand their medical condition and treatment plan. Outside of work, Julianne enjoys exploring new places, playing softball, and spending time with her friends and family.

Niraj Patel, PA-C

Niraj Patel grew up in the suburbs of Atlanta, Georgia and received his Bachelor's degree in Biochemistry and Molecular Biology from the University of Georgia. He went on to study at Nova Southeastern University in Orlando and received his Master's of Medical Science in Physician Assistant Studies, graduating with highest honors. Following graduation, he moved back to Atlanta to work in primary care and urgent care serving the community that he grew up in. He then built on his excellent outpatient clinical experience in general medicine to propel him to a career in neurosurgery with Total Spine & Brain Institute. Niraj values educating and establishing a personal connection with his patients and guiding them through various treatment options, both surgical and non-surgical. In his leisure time, he likes traveling, exploring different cultures, playing basketball, and going to the gym. Niraj is an avid Georgia Bulldogs, Atlanta Falcons, and Atlanta Hawks fan and enjoys spending quality time with his friends and family.

Tien V. Le, MD, FAANS
Neurological Spine Surgery.
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NEW YEAR, NEW YOU: RESOLUTIONS FOR HEALTHIER HAIR

By Alan J. Bauman, M.D., ABHRS

AFTER 2020, WE ARE ALL READY FOR A FRESH START.

Last year was challenging for all of us. Too many Zoom calls, too many canceled plans, and too few visits with family and friends. But as we optimistically look ahead to what is in store in the New Year, we can all agree we want to look and feel our best when we are reunited with friends and family again.

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.

As you begin putting your healthy resolutions into action, you may see the health of your hair improving as well. Here are some simple ways you can boost both your overall health and the health of your follicles.

EAT A HEALTHY, BALANCED DIET – Men and women who lack these key vitamins are more at risk of thinning and unhealthy hair – biotin, antioxidants, zinc, iron, Vitamin B, and protein. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make you're your diet is packed full of hair "superfoods," which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, and nuts. If you can stomach it, liver, with its abundance of iron, is one of the best foods for your hair.

DON'T SMOKE – Male pattern baldness or Androgenetic Alopecia has its "roots" in the male sex hormone Dihydrotestosterone, which triggers progressive miniaturization of the hair follicles, based on age and hereditary risk factors. Social factors such as nutrition, diet, lifestyle, stress, medications all are believed to have an impact on the progression of male and female hair loss.



Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be – so add that to your list of reasons to quit!

TAKE YOUR VITAMINS – Hair follicles are amongst the most metabolically active populations of cells in your body. If you are looking to give your hair a boost, a nutritional supplement like professional-grade Bauman-MD "SuperBiotin," Viviscal Professional – made from marine protein, or perhaps Nutrafol – a multi-nutraceutical, are good places to start. Nutrafol Male, Nutrafol Female, and Nutrafol Balance for women 50+ are exciting nutraceutical products because they target several possible triggers for hair loss and hair thinning, including hormones, inflammation, the effects of cortisol (stress hormones), free radical damage, and others.

CHOOSE THE RIGHT HAIR CARE – When choosing grooming products, look for products that contain caffeine, saw palmetto (*Serenoa Repens*), and green tea extracts (ECGC), as these can help strengthen the follicles and help prevent shedding. Minoxidil



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.



Before and after
FUE Hair Transplant
by Dr. Alan Bauman

is the FDA-approved hair growth ingredient in Rogaine and many other generic over-the-counter products, but these oily/greasy minoxidil mixtures can still cause major irritation in the scalp unless you seek out an alternative powerful compounded prescription version like quick-dry, non-greasy Compounded Formula 82M Minoxidil.

CHECK YOUR MEDICATIONS – There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, chemotherapy agents and ask your Hair Restoration Physician what you can do for your hair if you need to use them.

TAKE CARE OF YOUR SCALP – Whether your problem is an itchy scalp or thinning hair, a little scalp pampering may be just what the doctor ordered. New “Scalp Makeovers” are available to treat various hair and scalp problems, including

with stem cell peptides, moisturizing lotions, and hair-boosting dermal patches.

STOP WASTING TIME AND MONEY on a “quick fix” – Don't let yourself be duped by potions, lotions, elixirs, and “miracle hair-growth cures.” Hair loss is a treatable condition, but it isn't a quick fix. Often, as it is in many areas of medicine, “multi-therapy,” “multimodal” or a combination of several different treatments, may have the best chance for achieving long-term success depending on the patient's risk factors, the severity of their condition, and their unique hair restoration goals. This approach not only focuses on restoring hair that has been lost but also protects the hair that you have against suffering the same fate.

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**.



HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU MEET YOUR 2021 HAIR RESTORATION GOALS:

- 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)
- PDOgro™ - Implanted PDO Polydioxanone threads for hair growth
- 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 a powerful physician-only device such as 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.

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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