

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

March 2021

Polk/Brandon Edition – Monthly

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FREE

**WINTER HAVEN HOSPITAL NURSE
FEATURED IN DAISY AWARD
DISPLAY ON TIMES SQUARE**

**HEALTHY LEGS TIPS WHILE
WORKING FROM HOME**

**SAVANNAH SENIOR LIVING
COMMUNITIES –
OFFERING YOU SO MUCH MORE**

**OUR TEAM WILL TAKE
CARE OF YOU –
A COMPREHENSIVE TEAM
APPROACH TO
YOUR HEALTH**

**CONNECTING TO
SMARTPHONES WITH
YOUR HEARING AIDS**

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- Robotic Spine Surgery
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Scheyere-Ann Moir, Au.D
Kevin T. Barlow, Au.D

Winter Haven Hospital Nurse Featured in DAISY Award Display on Times Square

Little did Tori Moore know that her crooning abilities would land her on a display in Times Square.

The DAISY Foundation chose Tori, a DAISY Award winner, to be one of the healthcare providers featured in a national awareness campaign designed to thank nurses for their service.

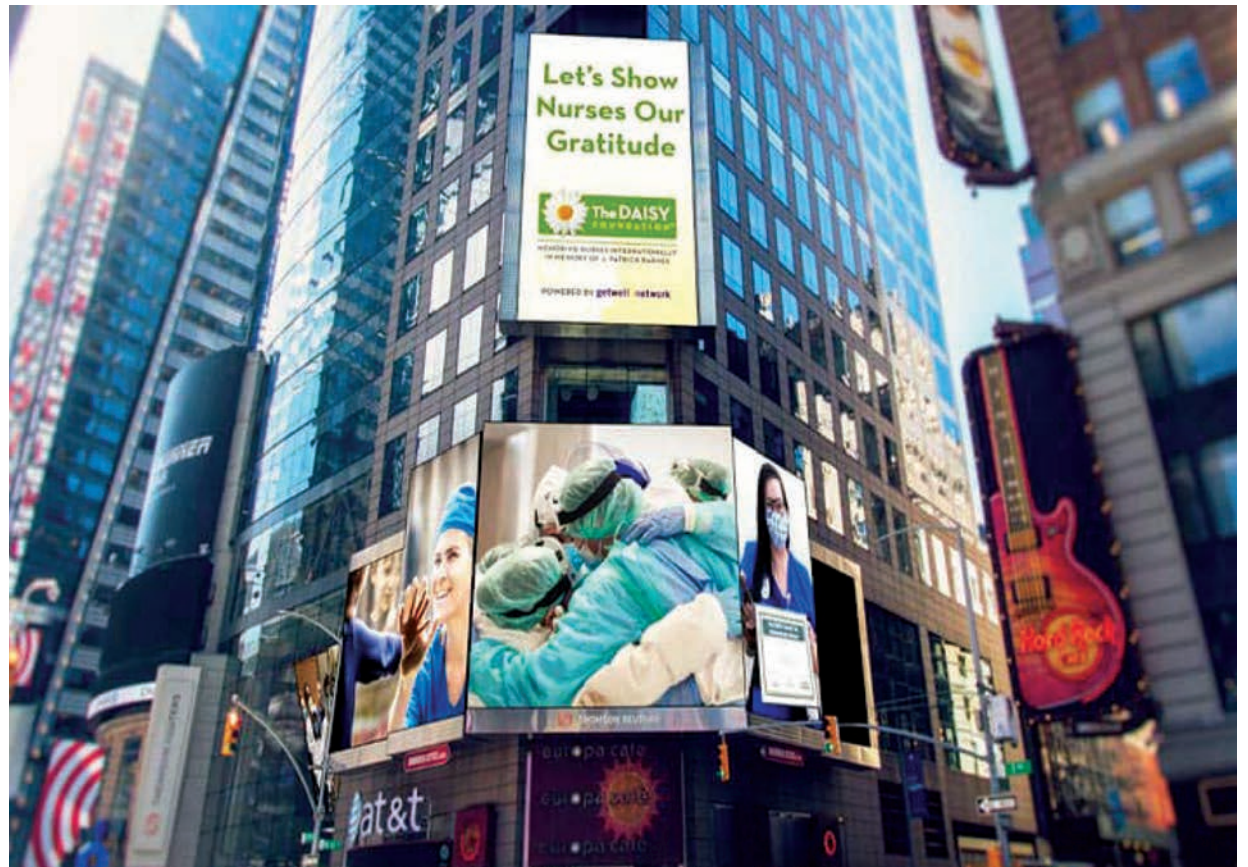
Tori is an Emergency Department nurse at Winter Haven Hospital. She earned a DAISY Award in March 2020, just as the pandemic began to impact the state of Florida. Tori was nominated by a fellow team member who observed Tori's care for a patient with Alzheimer's disease. Tori recognized the patient was having a stroke and began treatment promptly.

"It was near the end of my shift, and my patient was confused," Tori recalled. "She could not stay still and I tried everything to keep her calm. Finally, I began singing Frank Sinatra songs to her and it calmed her down. I probably sang to her for two hours and it was enough to distract her from playing with her dressings."

Tori said she was inspired to become a nurse when both her grandparents received cancer treatments at Winter Haven Hospital. At the time, Tori was considering becoming a physician assistant.

"I saw the way the nurses cared for my grandfather as his condition worsened, and it made me want to be that person to patients. In this COVID era, it's that much more important to be that support for patients. It's very satisfying."

The DAISY Foundation was created by a family moved by the compassionate care received by a family member in 1999 and wanted to find a way to



thank nurses. The foundation partners with more than 4,600 healthcare facilities to acknowledge nurses. To date, more than 200 nurses have been nominated. With the campaign, the foundation hopes to further highlight the sacrifice of nurses during the pandemic. Earlier this month, the Times Square display went live, with Tori's image among those with a message encouraging viewers to show gratitude to health care workers.

It's just a huge honor to represent Winter Haven Hospital and BayCare in this way," Tori said. "It means a lot to me. I always say the two best things I did in my life was becoming a mom and becoming a nurse."

 **Winter Haven
Hospital**
BayCare Health System

BayCare.org

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

Act differently. *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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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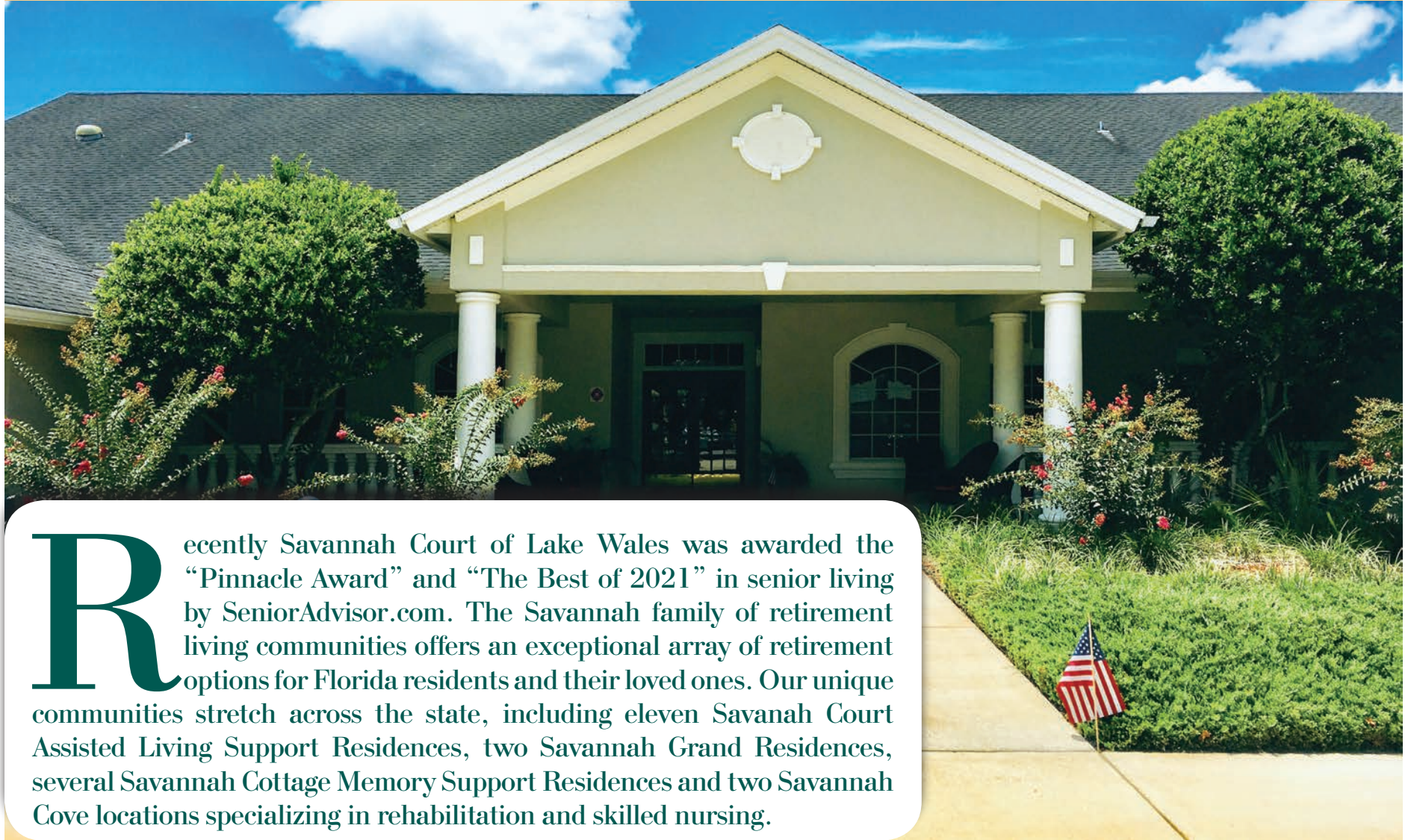


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HEALTHY LEGS – HEALTHY LIFE

Savannah Court Senior Living Communities — *Offering You so MUCH more*



Recently Savannah Court of Lake Wales was awarded the “Pinnacle Award” and “The Best of 2021” in senior living by SeniorAdvisor.com. The Savannah family of retirement living communities offers an exceptional array of retirement options for Florida residents and their loved ones. Our unique communities stretch across the state, including eleven Savannah Court Assisted Living Support Residences, two Savannah Grand Residences, several Savannah Cottage Memory Support Residences and two Savannah Cove locations specializing in rehabilitation and skilled nursing.

Enjoy the finest in assisted living accommodations at Savannah Grand and Savannah Court Assisted Living Residences. Each of our communities offers residents several choices in floor-plans, tastefully decorated common areas and immaculately maintained grounds. Our signature service program provides supervision, personal care and many other services designed to provide a fulfilling lifestyle for seniors. We specialize in independent, assisted living, and memory care communities.

Residents are escorted out for shopping, dining, and sightseeing on a regular basis. It's truly the best lifestyle!

All of our communities offer different amenities, lifestyle choices, healthcare and programs. Below is a snapshot to paint the picture more clearly of what one of senior communities is like and why so many residents love to call our communities “Home.”

SAVANNAH COURT OF LAKE WALES SENIOR LIVING OPTIONS

Savannah Court of Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. Savannah Court is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need

a little support and those living with dementias. Savannah Court of Lake Wales has it all. The community represents a true Central Florida retirement lifestyle with comfort throughout. Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, Savannah Court of Lake Wales offers an abundance of opportunities for any lifestyle. This is assisted living at its finest.

Assisted Living

Assisted living at Savannah Court of Lake Wales is individualized. Residential private apartments

with support and care close at hand. Savannah Court of Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

At Savannah Court of Lake Wales, life is resident centered.

The associates at Savannah Court provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities and access to a nurse.



Short Term Respite Care in Lake Wales, FL

The Savannah Court Respite Program provides temporary and short-term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



Adult Day Programming

Savannah Court is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 7 days a week, Savannah Court's Adult Day Care Programs are a great alternative to staying at home! They are also a great worry free glimpse into the LIFE at Savannah Court for prospective residents

Community Benefits

Savannah Court offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.

Savannah Court is home to Resident Programming Department that tailors their programming to the personalities that live at Savannah Court. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
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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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CONNECTING TO SMARTPHONES WITH YOUR HEARING AIDS



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Connecting Other Devices to Your Hearing Aids

• SMARTPHONE STREAMERS

If your hearing aids aren't Made for iPhone or Made for Android, you can still wirelessly stream audio from your smartphone to your hearing aids. It just requires a separate, tiny wireless device, called a streamer, that either clips to your collar or hangs from your neck and can be hidden underneath your clothing.

Each hearing aid manufacturer makes their own version of this popular accessory. Connecting is often even easier than the above process and can be found in the streamer's instructions.

• OTHER STREAMERS

Many situations – even with smartphone-compatible hearing devices – require a streamer if you want audio sent to your hearing aids. From TV streamers to mini-microphones (for conversations in noisy environments), you can find a streamer to assist you in hearing your world even more clearly.

Each hearing aid manufacturer makes their own array of streamers. Connecting is often even easier than the above process and can be found in the streamer's instructions.

Do you have specific questions about hearing aid technology and digital connectivity? Our hearing care team at Winter Haven and Ridge Audiology are here to help. Give us a call at **(863) 594-1976** or submit a contact form online at **WinterHavenAudiology.com** to connect with a Doctor of Audiology today.

The good news is setting these up is simple – the technology does most of the work for you! Whether you have Apple- or Android-compatible hearing aids, the idea is the same. The only difference is the steps you take on your smartphone to make it happen.

TURN ON YOUR BLUETOOTH

On either your iPhone or your Android phone, go to the Settings app. Find Bluetooth – it should be near the top of the menu – select it, then turn it on.

LOCATE YOUR HEARING AIDS IN THE LIST

On your iPhone, go back to the Settings app. Scroll down, find Accessibility, and select it. Scroll about halfway down that menu, find Hearing Devices, and select it. Your hearing aids should be listed.

On your Android phone, once you turned on Bluetooth, your phone should have started “looking” for other Bluetooth-enabled devices to connect to. Within seconds, your hearing aids should be listed.

For both phones, if your phone doesn't list your hearing aids within a few seconds, you may need to open and close the battery doors or put them on the recharger. This turns them off and then on again, which should help your phone find them.

SELECT YOUR HEARING AIDS

When your phone finally lists your hearing aids as an option, select them. They will begin connecting, which could take up to 30 seconds or a minute.

CALL TODAY to schedule your appointment 863.594.1976

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==Audiology

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Ridge
==Audiology

704 SR 60 E | Lake Wales

WinterHavenAudiology.com

IS SPINAL CORD STIMULATION THE ANSWER TO YOUR PAIN?



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

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

WHAT IS SPINAL CORD STIMULATION?

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

CANDIDATES FOR SPINAL CORD STIMULATION

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

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

HOW IS A SPINAL CORD STIMULATOR INSTALLED?

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



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

WHAT ARE THE SIDE EFFECTS?

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

WHAT KIND OF RESULTS CAN I EXPECT?

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

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

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



About Dr. Jassal

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

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

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

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

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

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



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Chest pressure, a squeezing sensation or chest pain. These feelings may be angina, a symptom of heart disease.

Your heart comes with a warning system. It's called angina, a recurring chest pain or discomfort that happens when a part of the heart does not receive enough blood and oxygen. Angina is a symptom of coronary artery disease (CAD), a type of heart disease that occurs when arteries that carry blood to the heart become narrowed or blocked. And although angina is often experienced as a pinching sensation in the chest, it can be accompanied by sluggishness, fatigue, and tightness in the chest. If you're experiencing any of these symptoms, the heart experts at BayCare's Winter Haven Hospital can quickly get to the root cause and treat it with a procedure that's right for you.

Diagnosing and treating CAD is just one area of our expertise in heart care. Using state-of-the-art technology, our compassionate and multidisciplinary team of experts provides a suite of other advanced heart care services. From treating heart rhythm disorders like AFib, minimally invasive procedures for structural heart and valve conditions, a top-performing open-heart surgery program, care for advanced heart failure through our Heart Function Clinic and BayCare's ventricular assist device program, Winter Haven Hospital is here when you and your heart need us. And you can feel secure knowing we have implemented safety measures to help keep you safe from COVID-19. Learn more and get a cardiology referral: [WinterHavenHeart.org](https://www.winterhavenheart.org)



**Winter Haven
Hospital**