

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2021

Polk/Brandon Edition – Monthly

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FREE

**CARDIOTHORACIC SURGEON JOINS
WINTER HAVEN HOSPITAL'S
BOSTICK HEART CENTER TEAM**

**UNSIGHTLY VEINS CAN INDICATE
DEEPER PROBLEMS**

**SAVANNAH COURT ASSISTED LIVING
IN LAKE WALES AND HAINES CITY
THE ELITE OPTION FOR YOUR
LOVED ONE**

**TOP WARNING SIGNS
OF NEUROPATHY**

**HEARING AIDS VS.
PERSONAL SOUND AMPLIFICATION
PRODUCTS (PSAPS):
WHICH IS BETTER FOR
YOUR HEARING?**



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Health & Wellness



Cardiothoracic Surgeon Joins Winter Haven Hospital's Bostick Heart Center Team



POLK COUNTY, Fla., (Feb. 4, 2021) – Winter Haven Hospital's Bostick Heart Center has added a surgeon to its nationally recognized team.

Dr. Safi Haq, MD, is now seeing patients at the hospital. He specializes in cardiothoracic surgery, which involves surgical treatment of issues involving the heart and lungs.

As a youth, Dr. Haq found himself interested in surgery, but on more low-risk patients.

"I was always taking my teddy bears and toys apart at home and playing the surgeon," he said.

He received his undergraduate degree in biochemistry and molecular biology from Boston University College of Arts and Sciences, then earned his Doctor of Medicine from the American University of Antigua College of Medicine in Antigua and Barbuda, West Indies. After that, Dr. Haq continued his medical education by completing a general surgery internship, residency, and chief resident year at Northeast Ohio Medical University/Western Reserve Health Education in Youngstown, Ohio. He went on to complete a

fellowship in cardiothoracic surgery at the University of Miami/Jackson Health System in Miami.

During his fellowship, Dr. Haq earned one of 25 spots of the American Association of Thoracic Surgery's Surgical Robotics Fellowship. He received hands-on experience in robotic surgery at the Intuitive Surgical headquarters in Atlanta, where he learned more about minimally invasive/robotic approaches to both cardiac and thoracic surgical procedures.

His areas of focus include the treatment of all aspects of cardiovascular disease, valvular heart disease including complex mitral repair, disease of the great vessels of the heart, and lung cancer.

Dr. Haq joins BayCare Medical Group surgeons David Evans, M.D. and David Dodd, M.D. and electrophysiologists Rodrigo Bolanos, M.D. and Javier Acevedo, M.D. at the Bostick Heart Clinic. The clinic is located on the third floor of the Bostick building and will provide outpatient care services for patients being evaluated or scheduled for cardiovascular surgery, electrophysiology, and any treatment options offered through our new Structural Heart and Valve program.

About BayCare Medical Group

BayCare Medical Group is the largest multi-specialty physician group in the greater Tampa Bay area, with more than 500 providers and 40 specialties. In 2014, HealthPoint Medical Group, Morton Plant Mease Primary Care and Specialists, St. Anthony's Primary Care and Specialists and Suncoast Medical Clinic formed to become BayCare Medical Group. In 2016, Winter Haven Hospital's Family Health Centers and employed physician specialists, as well as Bartow Regional Medical Center's employed physicians joined BayCare Medical Group. For more information, visit www.BayCareMedicalGroup.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 west 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.org

UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly ‘webs’ in the skin itself, while considered cosmetic, usually indicate deeper problems

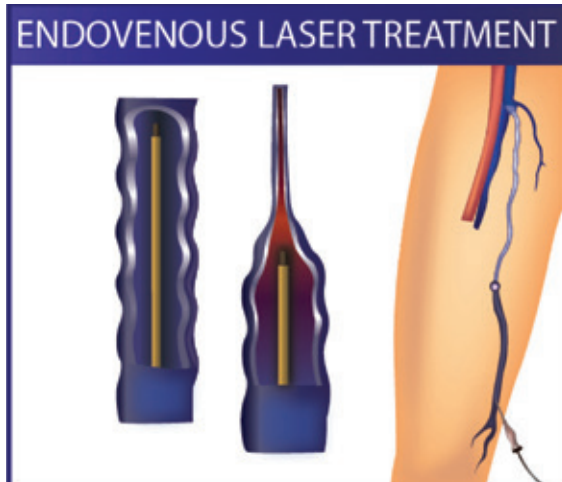
Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today’s technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery. These procedures are covered by most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one’s normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

“A stich in time to save mine”!



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Savannah Court Assisted Living In Lake Wales And Haines City *The Elite Option For Your Loved One*

Savannah Court of Lake Wales and Haines City have been designed with the senior living experience in mind and recognizes every person is unique in their needs and desires. Life at Savannah Court is truly what assisted living should be.

Their goal is to offer a full spectrum of services that will identify and address every requirement – while promoting and maintaining the resident's independence and dignity.



An experienced team of caregivers provides support and care as needed. Savannah Court residents have great continuity of care as the team is equipped to allow residents to age in place in their private apartment.

Assisted living is often the best choice for the family and loved ones of someone in need of long term care. Savannah Court of Lake Wales and Haines City offers round the clock care, compassion, and guidance for families. The staff is trained and understands that the process of the transition to assisted living is not always an easy one.

WHY SHOULD YOU CHOOSE ASSISTED LIVING FOR YOUR LOVED ONE?

It is often essential to make a decision to transition a loved one into an assisted living, but it can be overwhelming to make the choice. Scheduling a tour of the community is critical. It's important to see and understand the process first-hand. With a personal tour you can expect all questions and concerns addressed, a private tour of the community with your loved ones needs as a priority, a review of finances and information on assistance – if needed.

Not all communities are equal. In fact, Savannah Court stands out amongst the majority because of their detailed care, expertise, and loving environment that feels like HOME.

Residents remain as independent as possible with the peace of mind that support is steps and minutes away.

Assisted living at Savannah Court of Lake Wales and Haines City are both individualized and provide residential private apartments with support and care close at hand. Savannah Court offers support and personalized lifestyle while encouraging privacy and independence.

AT SAVANNAH COURT LIFE IS RESIDENT CENTERED.

At Savannah Court of Lake Wales and Haines City, life is resident-centered because they know that no two resident's needs are the same. The associates at Savannah Court provide support based on individual resident needs. Our small communities (capacity at 45) provide a loving environment that foster one on one relationships and a true family environment.

Residents in our community have the benefits of a full support staff, chef, activities program, housekeeping, maintenance, access to a nurse, assistance with personal care and daily activities. These daily activities may include bathing, dressing, medication management, personal hygiene, and eating. Transportation, laundry and housekeeping services are also provided. These perks help residents to feel well cared for, and to also maintain a sense of independence.



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."

If you decide to make Savannah Court your Home or Home for Your loved one, They are offering a limited time promotion:

\$1,000 off of the community fee with the mention of this article.

**Please contact Savannah Court at
(863) 215-8018.**

SAVANNAH COURT'S ASSISTED LIVING

Savannah Court team members deliver service with a smile. The staff and associates have a hospitality mindset when serving residents. Experienced, trusted associates form bonds and trusted relationships with residents, truly making Savannah Court communities home for our residents.

SAVANNAH SENIOR LIVING COMMUNITIES - OFFERING YOU SO MUCH MORE

Recently awarded the "Pinnacle Award" and "The Best of 2021," 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 floorplans, tastefully decorated common areas and immaculately maintained grounds. Our signature service program provides supervision, personal care and



**To find out more or to schedule
your tour, please call
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Assisted Living License 9383



TOP WARNING SIGNS OF NEUROPATHY



AROUND 20 MILLION AMERICANS HAVE PERIPHERAL NEUROPATHY, A PAINFUL AND DISRUPTIVE CONDITION THAT IS DUE TO NERVE DAMAGE, ALTHOUGH THE CONDITION MAY BE UNDERDIAGNOSED. NEUROPATHY SYMPTOMS VARY SIGNIFICANTLY, AND MANY PEOPLE MIGHT NOT KNOW THAT THEY'RE EXPERIENCING SIGNS OF NERVE DAMAGE.

At Spine & Pain Institute of Florida in Lakeland, Florida, Dr. Navdeep Jassal, our board-certified pain management expert, diagnoses and treats neuropathy with state-of-the-art interventions to reduce pain and restore function.

The first step of getting treatment is scheduling an appointment with Dr. Jassal for diagnosis. But what are the warning signs that you have neuropathy, and when should you talk to a doctor?

WARNING SIGNS OF NEUROPATHY

Neuropathy can affect your sensory, motor, and autonomic nerves. Your sensory nerves provide sensation to your skin, like touch, temperature, and pain. Your motor nerves control movement, and your autonomic nerves regulate body functions like your heart rate, digestion, and bladder.

Your symptoms depend on the type of nerve that's affected. In most cases, the symptoms that most patients experience first include:

- Numbness or tingling in your hands or feet
- Weakness in your arms or legs
- Sharp, burning, or throbbing pain
- Heightened sensitivity to touch or temperature

You might also notice that you become less coordinated. For example, you might start to catch your feet on uneven surfaces or stairs. Some patients discover that they can't hold pens or cups of coffee because of weakness or lost dexterity in their hands.

However, if you have neuropathy due to autonomic nerve damage, you might also experience digestive, bladder, or bowel problems or pain. Some patients also experience fluctuations in their blood pressure that causes dizziness or lightheadedness.

You should make an appointment with Dr. Jassal if you have any of these painful and disruptive symptoms. Other health issues can sometimes trigger similar symptoms, and getting an accurate diagnosis is critical for starting an effective treatment plan.



THE CAUSES OF NEUROPATHY

Most neuropathy cases — between 30-40% — are idiopathic, which means that the condition has no discernable cause. Another 30% of diagnosed cases are nerve damage caused by diabetes. If you have diabetes, your physician should check for signs of nerve damage at every appointment. They often touch the bottom of your feet with a thin stylus or wire to see if you can feel the sensation.

The other potential causes of neuropathy include:
Physical trauma

- Autoimmune diseases like lupus and rheumatoid arthritis
- Viral and bacterial infections
- Tumors
- Bone marrow disorders

Your risk of neuropathy is higher if you abuse alcohol or have vitamin deficiencies, particularly of the B vitamins. Some medications, such as chemotherapy, can also increase your risk of neuropathy.

DIAGNOSING NEUROPATHY

If you think you might have neuropathy, our first step to confirm your diagnosis. Dr. Jassal reviews your medical history and asks about your symptoms. He completes a neurological exam to evaluate your reflexes, muscle strength, and ability to feel sensations, as well as your posture and coordination.

He might also order blood tests to check for other diseases or deficiencies that could contribute to your condition. He uses nerve function tests,

including electromyography and nerve conduction studies, to look for signs of nerve damage and locate the affected nerve(s).

In some cases, we might also recommend an MRI, skin biopsy, or nerve biopsy to look for abnormalities in your nerve endings.

NEUROPATHY MANAGEMENT

If you have neuropathy, we offer treatment plans that are tailored to address your specific needs. If you have nerve pain, we provide treatments to block errant pain signals such as:

- Radiofrequency ablation
- Spinal cord stimulators
- Peripheral nerve stimulators
- Dorsal root ganglion stimulators
- Steroid injections
- Nerve blocks
- Medication management

We also usually recommend physical therapy to help you restore your muscle strength and tone. Therapy can also help restore your balance and coordination to reduce your risk of falling.

Dr. Jassal might also recommend some lifestyle adjustments to improve your diet and overall health, which can make neuropathy easier to live with.

If your hands and feet are numb, weak, or painful, give our office a call or make an appointment online today for expert neuropathy treatment and support.



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 vs. PERSONAL SOUND AMPLIFICATION PRODUCTS (PSAPS): WHICH IS BETTER FOR YOUR HEARING?



HEARING LOSS AFFECTS 48 MILLION AMERICANS OVER THE AGE OF 12. IN FACT, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, IT IS “THE THIRD MOST COMMON CHRONIC PHYSICAL CONDITION IN THE UNITED STATES,” OUTPACING EVEN DIABETES AND CANCER.

A whole host of comorbidities are positively correlated with hearing loss, from dementia to depression to diabetes, making regular hearing screenings and proactive treatment for hearing loss all the more crucial. However, The Hearing Review reported in 2016 that though hearing aids have long been the gold standard for those with hearing loss, only 14.2 percent of those needing aids purchase them, and that number drops even more during economic recession, suggesting treating hearing loss may be seen as a luxury.

More and more over-the-counter (OTC) devices, such as PSAPs, are being developed and marketed as less expensive products to help hearing loss. Though this might increase the number of people actively trying to correct their loss, it has also created confusion about whether OTC devices can offer the same benefit as can traditional hearing aids. The key differences between hearing aids and PSAPs are as follows:

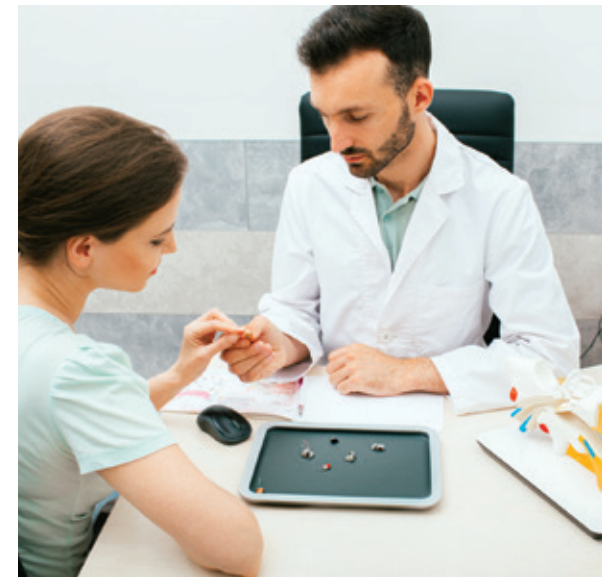
Product class: The FDA classifies and regulates hearing aids as medical devices expressly designed to compensate for hearing loss. In contrast, in their regulatory requirements from 2013 (which are not legally binding), the FDA indicates that PSAPs are “intended to amplify environmental sound for non-hearing impaired consumers.” Furthermore, they

urge that PSAPs not be marketed as replacements for hearing aids or as over-the-counter hearing aids. Finally, federal law does prohibit companies that make PSAPs from calling them “hearing aids.”

Amplification: Hearing aids use technology such as broadband, filters, and directional microphones to ensure the amplification is customized to the user’s unique hearing loss. PSAPs simply amplify all sounds within a given radius. With a PSAP, someone with a high-frequency hearing loss would receive the same signal as someone with a low-frequency hearing loss; with a hearing aid, each person would receive a signal tailored to their specific hearing loss.

Features: Hearing aids are available with features such as telephone amplifiers, streaming capabilities, and smartphone apps that allow for saving of location-specific setting details. Most PSAPs are solely a receiver, an amplifier, and a microphone.

Issues with PSAPs: PSAPs are not regulated, so the sound level produced could damage hearing rather than help it. Furthermore, the design of PSAPs results in the potential for earwax to get pushed farther into the canal, resulting in impaction that requires medical attention. The extra expenditure for hearing aids would



be worth the attendant benefits in most cases. Furthermore, not only does the FDA maintain that PSAPs are for non-hearing impaired people, but simply purchasing and using such a device could lead to hearing damage. Hearing loss may seem straightforward — if you can’t hear, you need something to amplify sound — but each hearing loss is different and requires a different approach, both to maximize the effectiveness of the device and to avoid further hearing damage. The ideal approach is to only purchase a device that helps hearing loss if it requires fitting by a hearing care specialist.

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.

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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 AN 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.

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PANDEMIC FALLOUT:

How Post-Quarantine Crash Diets Can Lead to Hair Loss



It has been a challenging year, and many of us took on some unhealthy habits as coping strategies to get us through it. But as we slowly inch forward back to normalcy, we all want to look and feel our best as we rejoin friends and families and the outside world.

But before you consider turning to an extreme diet to lose those extra pounds you put on during quarantine, you may want to reconsider...

CRASH DIETS AND HAIR LOSS

Many men and women don't realize that what you eat, or don't eat, can have a significant impact on the health of your hair. In fact, so-called 'crash dieting' isn't just bad for the body, it can also lead to hair loss.

Within weeks after the start of a crash diet, a major shedding event can occur. It's a condition known as telogen effluvium – in this case, caused by a steep drop in nutrients to the body, which forces some hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. Fortunately for patients, this condition is usually

temporary, but it can still take six to ten months for the hair to return back to normal. The condition can be truly frightening for many people, particularly younger women, so it's important that people understand its causes and prognosis.

Many patients falsely believe that their shedding or hair loss will stop as soon as they end their diet. The reality is, first it's going to take a few months to see all the shedding, then a minimum of six to twelve months for the body to stabilize and the hair follicles to return to normal operation. However, for some, the loss may be long-term, especially in those people who have underlying risks like those with a tendency toward genetic hair thinning, have high levels of stress, or on certain medications for conditions like high blood pressure, high cholesterol, anxiety or depression.

Because there is a risk for long-term or even permanent hair loss, if you're experiencing shedding, thinning, or decreased hair volume or coverage, you may want to consult with a full-time board-certified Hair Restoration Physician who can help assess the risks for hereditary hair loss and other risks, as well as scientifically track and

monitor the hair's progress and prescribe a course of treatment in more serious cases. Similar to sudden hair loss associated with childbirth and menopause, a readily treatable tendency toward permanent hereditary hair loss may be revealed by this typically temporary situation.

HAIRCHECK MONITORING

The HairCheck™ device is one of the many tools being used by Bauman and his team to measure hair loss and regrowth. HairCheck is a simple, painless, non-invasive way to measure and track the amount of hair growing in a given area of the scalp (called the Hair Mass Index or "HairScore"). The highly sensitive hand-held 'trichometer,' measures hair caliber and hair density together and expresses them as a single number. It can also measure the percentage of hair breakage, which is a common cause of hair loss. Tracking these numbers over time can help determine the extent and rate of a patient's hair loss and/or breakage and inform them of any changes. HairCheck can also be used to quantify the degree of hair breakage from harsh hair care regimens or hair loss from extreme diets and also to track regrowth as the acute shedding phase resolves or treatments have begun.



The HairCheck® tool can accurately determine the amount and quality of hair growing in a given area of the scalp to gauge the severity of hair loss and measure results during treatment.



Before and after FUE Hair Transplant by Dr. Alan Bauman

The data collected through HairCheck monitoring provides consumers with actionable information by combining scientific hair tracking measurements with a series of non-invasive, easy-to-follow hair improvement plans and options. The good news is that HairCheck measurements also help track regrowth and improvements before they're noticeable to the naked eye – so you can know what's working and what's not when it comes to your treatment.

NUTRITION TIPS FOR HEALTHY HAIR

While the HairCheck and other tools allow doctors a better understanding of the damage a patient's hair has suffered, the best way to protect the hair is through preventative measures. One of the simplest preventative actions consumers can take is a healthy diet, which gives your hair follicles the vitamins and nutrients they need. There are many ways to protect your hair while you shed those extra pounds.

- Caloric, iron, and protein deficiencies are among the most common nutritional triggers for unhealthy hair, while vitamins, especially B, are important to the overall health of your hair and preventing hair loss and thinning.

- Some of the best food choices for healthy hair include salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and Nuts, which are a terrific source of zinc, which can prevent hair shedding.

- Many women take calcium supplements to improve their health – but the same should also be true for hair supplements. Scientifically developed treatments like Viviscal PRO, Nutrafol, and Biotin (also known as 'Vitamin H' or B7) support the growth of thicker, healthier hair.

For more information on the causes and treatments for hair shedding, telogen effluvium, or other types of hair loss, and 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 LOOK AND FEEL YOUR BEST AS YOU REINTRODUCE YOURSELF TO FRIENDS, FAMILY AND COLLEAGUES.

- 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 Prosthesis
- 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, Nutritional & 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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The Herbal Treatment Of Sleep Apnea

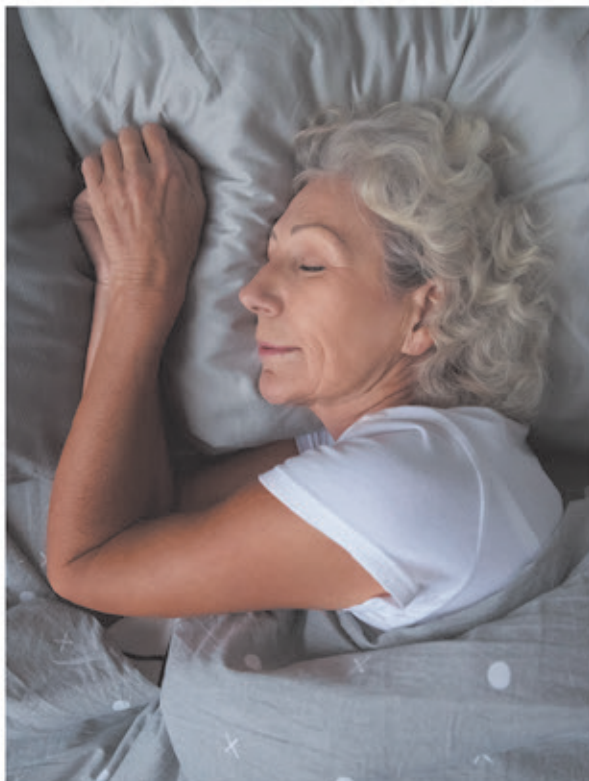
Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

Cause of the condition:

Before we evaluate the “solutions”, let’s consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called “reduction of muscle tonus”. This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud “SNORT” partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn’t aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchanges CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



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I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.



Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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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
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