

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

August 2021

Polk/Brandon Edition – Monthly

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**SKIN CHANGES IN THE LOWER LEG
ARE A SIGN OF VENOUS DISEASE**

**IT IS NOT JUST AN ID BADGE.
IT IS A BADGE OF HONOR.**

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

**IS SPINAL CORD STIMULATION
THE ANSWER TO YOUR PAIN?**

**DON'T BE "MYTH-STIFIED"
BY HAIR LOSS MYTHS
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**ARM YOURSELF WITH FACTS
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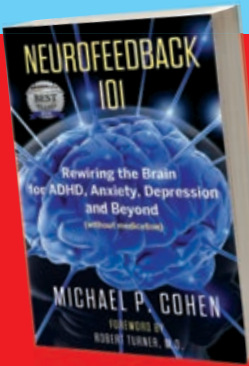
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About Michael P. Cohen
 Michael Cohen is a leading expert in brain biofeedback. For over 25 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.

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 Read about neurofeedback's impact on panic attacks on Page 14-15







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Job seekers looking for meaningful work can find great opportunities with BayCare, one of the best performing health systems and one of the highest rated employers in the country.

Working for BayCare means supporting an important mission: to improve the health of all we serve through community-owned, health care services that set the standard for high-quality, compassionate care.

The award-winning system, which is one of the largest employers in the Tampa Bay area, is hiring for positions across Hillsborough, Pasco, Pinellas and Polk counties. In addition to openings in a variety of physician offices, urgent care centers and ambulatory services, BayCare also has jobs available in several Hillsborough County hospitals including St. Joseph's Hospital, St. Joseph's Children's Hospital and St. Joseph's Womens' Hospital in Tampa, St. Joseph's Hospital-North in Lutz, St. Joseph's Hospital-South in Riverview and South Florida Baptist Hospital in Plant City.

"We set the bar high," said Kyle Barr, senior vice president of Team Resources. "We select only the best individuals that are passionate about clinical excellence, providing outstanding service, live by our values and can work as a member of our 30,000 plus amazing team."

BayCare's extraordinary team is leading the way to high-quality care and personalized, customer-centered health. Since 2019, BayCare has ranked in the top 20 percent of large health systems in the country by IBM Watson Health for excellence in clinical outcomes, operational efficiency, patient experience, financial health, and contributions to community health with a focus on equity.

In addition, BayCare has been ranked as one of the 100 Best Companies to Work For by Great Place to Work and Fortune for four years. This list is based on survey responses from more than half a million employees across the United States.

"At BayCare we're committed to building a culture of inclusion that's reflective of the communities we serve, providing equal opportunities for

all," Barr continued. "We work on a foundation of excellence, trust, dignity, respect and responsibility. We also offer a competitive total reward package that includes medical/dental benefits, paid time off, tuition reimbursement, 401k match and additional yearly contribution, yearly performance appraisals and community discounts."

Positions are available in a variety of areas including nursing, laboratory, pharmacy, food and nutrition, environmental services, behavioral health, clinical professionals, BayCare Medical Group and more. To search jobs, visit [BayCareCareers.org](https://www.baycarecareers.org) or learn more by following [@BayCareCareers](https://www.facebook.com/BayCareCareers) on Facebook.



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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS. It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

BREAKING THROUGH



4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



Skin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.

WHAT DO SKIN CHANGES INDICATE?

Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don't see bulging varicose veins, you may have advanced vein disease and it's worth visiting Vascular Vein Centers if skin changes are present.



WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to

infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your venous system. The Vascular Vein Centers team uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.

Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser

therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the “source veins”; the origin of the problem.

Ultrasound guided foam sclerotherapy will be required in most cases to treat the “branch veins” (varicose veins) coming off the “source veins”. The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.



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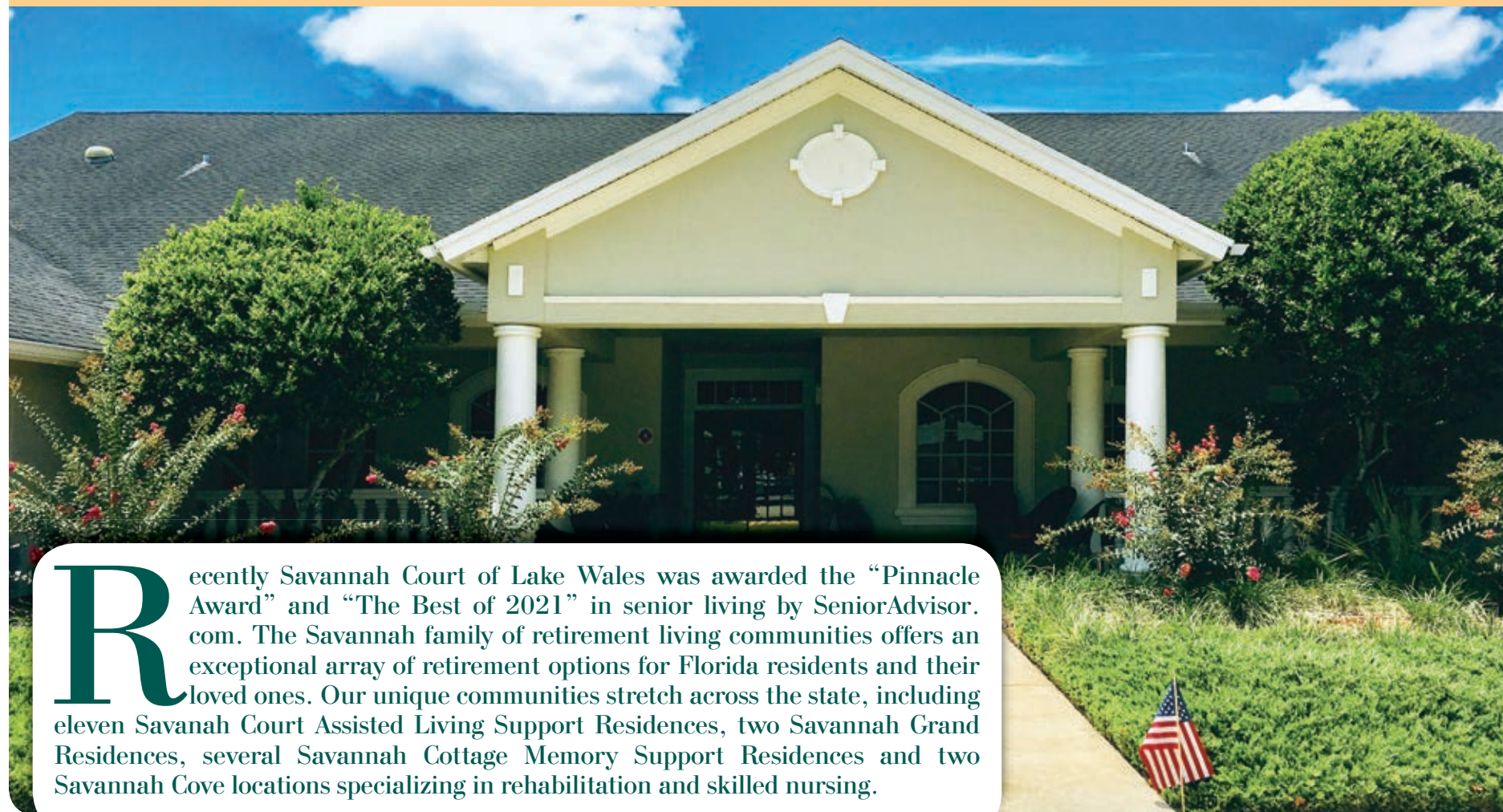
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Savannah Court Senior Living Communities — *Offering You so MUCH more*



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 floorplans, 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.

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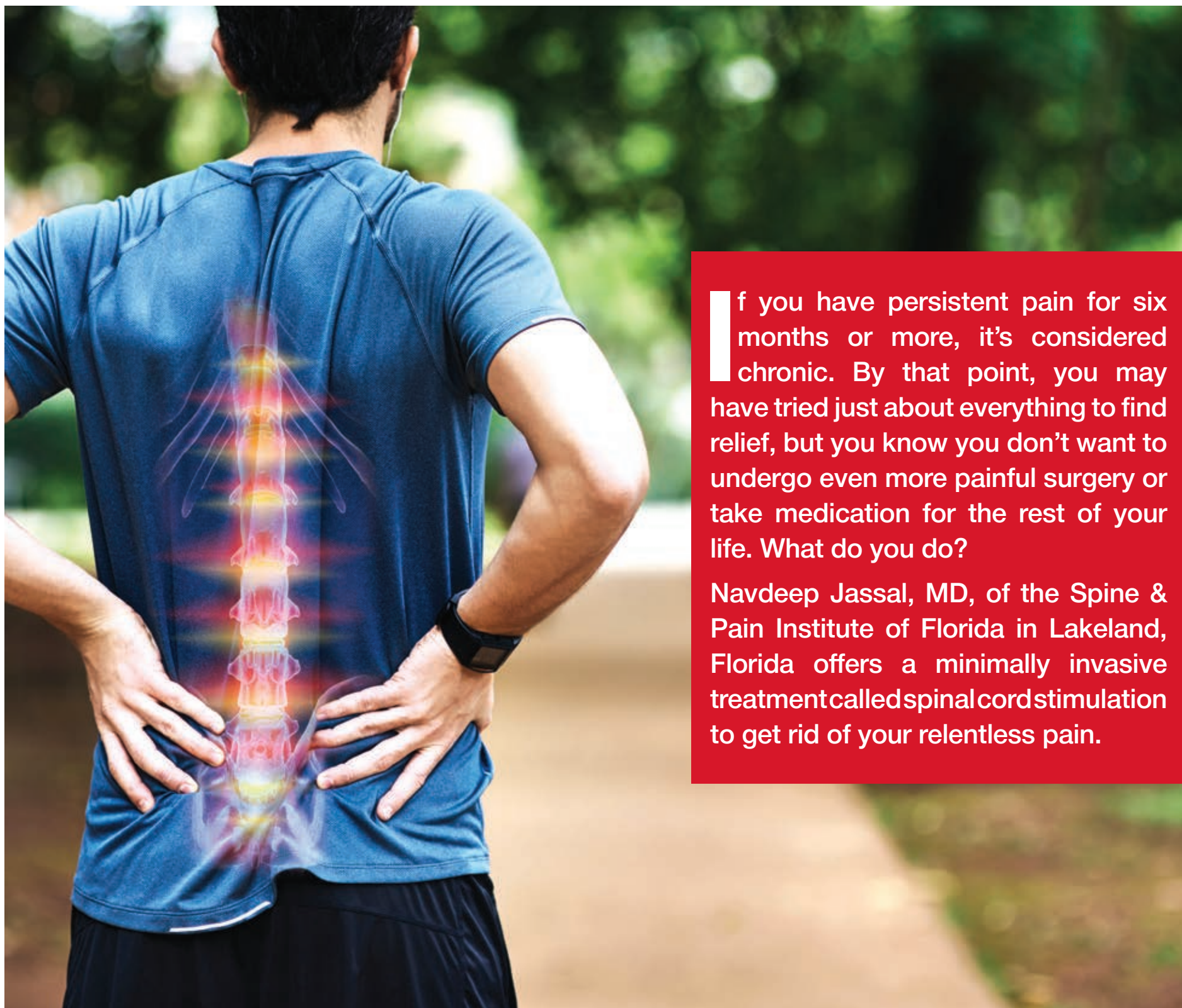
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IS SPINAL CORD STIMULATION THE ANSWER TO YOUR PAIN?



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?

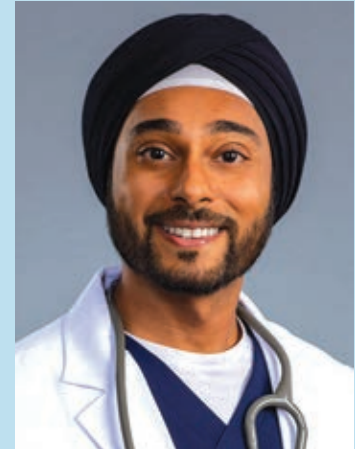
Adverse effects are rare. Most problems with spinal cord stimulator placement have to do with the surgical procedure itself, which can lead to bleeding or infection. Some patients report pain at the surgical site for a few days following the implant, but it typically subsides on its own. We'll go over 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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Don't be "Myth-stified" by Hair Loss Myths and Misconceptions

Arm Yourself with Facts to Look Your Best

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



HAVING BEEN IN THE HAIR RESTORATION FIELD FOR ALMOST 25 YEARS, I'VE HEARD JUST ABOUT ALL OF THE MISCONCEPTIONS ANYONE HAS EVER COME UP WITH ABOUT HAIR LOSS AND HAIR RESTORATION.

WITH AUGUST BEING HAIR LOSS AWARENESS MONTH, IT HAD ME THINKING THAT IT MIGHT BE INTERESTING – AND ENTERTAINING – TO THROW OUT A FEW FUN FACTS TO TEST YOUR KNOWLEDGE ABOUT WHAT IS – AND ISN'T – **THE TRUTH ABOUT HAIR LOSS.**

One of my favorite baldness "remedies" was created by Hippocrates, the "Father of Modern Medicine," whose topical remedy consisted of a concoction of opium, horseradish, pigeon droppings, beetroot, and spices. At least Julius Caesar resorted to a laurel wreath instead of a comb-over!

So, let me ask you, which of these hair loss "causes" is a fact?

1. Wearing a hat
2. Only your mother's genes (not your father's, too)
3. Frequent hair washing
4. Too much testosterone
5. Clogged pores on the scalp

If you said "none," you're right.

1. Wearing a hat doesn't cause hair to fall out, despite what pilots tell you.
2. You can inherit hair loss genes from both parents.
3. Frequently washing your hair isn't the problem. Rigorous towel drying or too-hot hair dryers can be.
4. This one's tricky because it's not necessarily the amount of testosterone you have that contributes

to hair loss. It's the way any given individual's body reacts to testosterone and its metabolites that can cause it in some people (and that's genetic).

5. Clogged pores cause acne, not hair loss.

Regardless of your actual – and true – cause of hair loss, sometimes it's gone too far for remediation with therapies such as topical treatments. That's when hair transplants, with their extraordinary technological advancements, can enter the mix. However, many people hesitate because they harbor an outdated understanding of the facts. Here are a few of the most common misconceptions.

A hair transplant will look "pluggy"

The truth is, pluggy results were very common decades ago. However, significant innovations in microsurgery techniques, when performed by a skilled, artistic transplant surgeon, result in a **100% natural look**. Advanced, minimally invasive hair transplant procedures using follicular unit extraction (FUE) meticulously move as little as one hair follicle at a time. This fine control of individual hair position and direction eliminates "plugs" or "rows" as well as the telltale linear scars left by the old "strip harvest" methods.

Even with newer techniques, my hair will have to be shaved or cut, and everyone will be able to tell I've had a hair transplant

Wrong again. The newest No-Shave Long-Hair VIP|FUE™ technique harvests hair *without any hair trimming whatsoever*. The donor area remains completely hidden amidst the surrounding full-length hair, and no dramatic shave or trim is required around the sides and back of the scalp. Minimally-invasive VIP|FUE™ requires no staples or stitches and leaves no linear scar.

A hair transplant is painful during and after the procedure

Definitely not! Local anesthesia and medication for relaxation allow patients to sit, watch movies, listen to music or even comfortably nap during their procedure.

Even injecting the anesthesia is now pain-free. Our new computerized local anesthesia delivery system uses a microprocessor-controlled, robotic injection technique using extremely low pressure and a slow rate of flow for a completely pain-free injection.

Our new advanced FUE transplant harvest techniques also allow for a faster, easier recovery because hair

follicles are harvested individually with minimal tension on the skin. Most patients can resume regular activities immediately and get back in the gym within just a few days following a hair transplant.

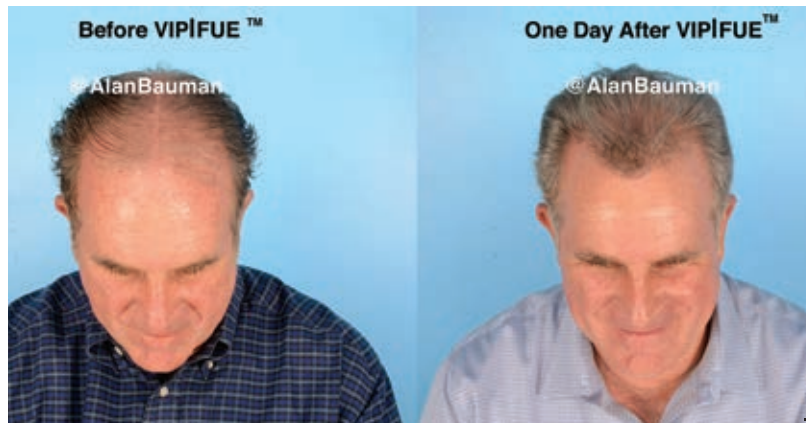
Doctors who perform hair transplants have special training and credentials

Not necessarily. MDs and DOs are allowed by law to perform surgery, including hair transplantation, but this doesn't mean they possess a high level of skill or training in this specialty area.

A significant issue in the hair transplant field today is that many unqualified, inexperienced non-specialist physicians offer this procedure, which they perform infrequently. Your surgeon's experience, knowledge and artistry are of utmost importance to ensure the most natural looking result. (See sidebar for tips on how to choose a hair transplant surgeon).



Before and after FUE Hair Transplant by Dr. Alan Bauman



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

TIPS ON FINDING A TOP HAIR RESTORATION PHYSICIAN

- A hair restoration physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for a **full-time hair transplant surgeon** who is certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and/or consult "virtually" via phone, Zoom or other videoconferencing services.
- Before choosing your doctor, research the clinic, read reviews and request before-and-after pictures. Ask questions about how to achieve your desired results and what should be done to maintain them.
- The International Society of Hair Restoration Surgery (ISHRS) urges patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering "free consultations," deeply discounted coupons, or financial rebates truly has your best interests in mind.

LEARN MORE

As life is reopening post-pandemic, we're seeing a higher than usual demand for consults and procedures. However, we will make time for you and welcome the opportunity to chat about the many ways we can help you look good and feel great about your hair. Don't wait. Let's discuss!

P.S. – I know that initiating that first call is often the most difficult part of the hair restoration process, but we make it easy and comfortable from start to finish. That's my promise to you.

For more information on the causes of and treatments for hair loss, or to learn what treatment regimen is right for you (we have many), call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



About Dr. Alan J. Bauman



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 8,000 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 Surgeon" in North America by Aesthetic Everything for the 5th consecutive year, "Top Hair Restoration Surgeon of the Decade", and he was recently named by Forbes as one of "10 CEOs Transforming Healthcare in America."



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

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SIMPLE SOLUTIONS TO YOUR BATHROOM BLUES

LET ONE DAY BATH BRING NEW LIFE TO YOUR BATHROOM

At One Day Bath, their goal is to provide simple solutions to everyday problems at an affordable price. Whether you're having a tough time climbing in and out of your bathtub or your 1970s pink tile has seen better days, they have solution to fit just about any budget. Their tub to shower conversion can turn your under-used, outdated tub into a fullyfunctional, safe walk-in shower – accompanied by a beautiful wall liner or ceramic tile. Their signature product is TubCut®, where they like to say, “Why step over your tub when you can walk through it?” They also have an amazing economical tub & tile reglazing system that can breathe new life into your existing tub and tiles without any construction at all. This is a great product to buy you some time before you're ready for any type of replacement.

Bathrooms can often be a dangerous place because of unforgiving slippery surfaces, or because the height of a traditional tub is difficult to climb over – especially as we age. If you find that you or a loved are struggling getting in and of your tub, it's probably time have a conversation about that and then do something about it. Come and talk to the team at One Day Bath, and we'll discuss products that can help your family avoid injuries and serious accidents in the future.

One Day Bath offers two convenient and budget-friendly options for your tub to walk-in shower conversion, and both are constructed with your safety in mind. The first is the TubcuT®, which is custom-fit to your tub.



**The Affordable Solution for
Independence in
the Bath**

- Step-thru access for existing tubs
- Installs in 1/2 day
- **Reversible**
- Integral part of tub, not a cap
- Works with all types of tubs
- Factory appearance
- Eco-friendly, reduces waste

THE TUBCUT™

“A lot of people are perplexed about how the TubcuT® works. They think that it goes over the existing tub. Instead, we actually modify your existing bathtub into a walk-in shower. Our crew will cut out a piece from the tub that measures anywhere from 18” to 45” wide, leaving you with a simple four-to-five-inch lip just a like a standard shower pan. There’s no ripping out, no mess, no demo and no high expense,” says Paul Echavarria, CEO of One Day Bath. “It turns your existing

bathtub into a walk-in shower with no plumbing or construction, and can save you up to 90% of replacement cost. If you're happy with your bathroom but really want to avoid having to climb in and out and want to avoid an accident, then a TubcuT® is for you.”

The second option is a traditional tub to shower conversion, where the tub is replaced with a shower pan accompanied by high-grade acrylic



wall surround, or you can choose ceramic tile for your surround. It's your choice. There are many accessories to choose from, including linear shelving systems, fold-down seats and more. One Day Bath's shower systems are mold and mildew resistant, as well as maintenance free and guaranteed for life. The tub to shower conversion is typically completed in one to two days. The process of working with the One Day Bath team is simple, and gets you into your new tub as soon as possible.

"Our goal is to be a company that will satisfy all of your service needs, and you'll be happy to tell your friends and family how satisfied you are. We will give you general pricing right over the phone with no hesitation, so you know what you're about to get into," says Echavarria. "At One Day Bath, we are very upfront about pricing before you meet with us. This makes sure that the process and pricing works for everyone. And with the TubcuT® and some of our other installs, we don't ask for a deposit and only charge upon the completion of the project."

To put it simply, One Day Bath offers the simplest and most economical way to revitalize your bath. They also refinish bathtubs, tiles, floors and cabinets to a like-new condition. With their expert Bathtub re-glazing, they can repair all chips, scratches and cracks back to a like-new condition. One big question many people ask about re-glazing is, "Can you change the color?" Yes, One Day Bath can change the glaze to the color of your choice. Re-glazing is an excellent tool to utilize if you don't want to get rid of your tub and tile but are ready to update the color without the expense of a full renovation.

Request a free in-home consultation today, or simply call One Day Bath to talk about your project possibilities.



The Tub Cut Company
954-466-4413
www.TUBCUT.COM
VA APPROVED

An emergency is still an emergency. Even during this emergency.

Don't let COVID-19 stop you from getting emergency treatment.

Even during a pandemic, you still need to be treated immediately if you have an emergency. Debating whether or not to risk going to an emergency room during a heart attack, stroke or other health emergency—waiting even a few extra minutes—could be harmful. That's why in all BayCare hospital emergency rooms, patients who have symptoms of COVID-19 are screened and treated in a separate area. This helps keep emergency room patients and our team members safe. So if it's an emergency, don't wait. **For more information:** [BayCareEmergencyCare.org](https://www.baycareemergencycare.org)



Winter Haven Hospital