

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

November 2021

Polk/Brandon Edition – Monthly

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FREE

**A BAYCARE UROLOGIST
SHEDS LIGHT ON
OVERACTIVE BLADDER**

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

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

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

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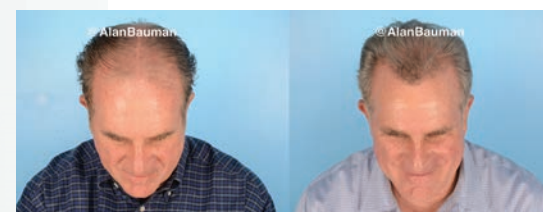
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A BayCare Urologist Sheds Light on Overactive Bladder

What You Should Know About OAB Stimulants, Symptoms and Treatment

Kenneth A. Essig, M.D.

People with overactive bladder (OAB) often experience urgency at inconvenient and unpredictable times and may have trouble with leaking. Overactive bladder interferes with work, daily routines, intimacy and can reduce an individuals' self-esteem and quality of life.

In normal urination and a healthy bladder, the smooth muscles surrounding the bladder contract and relax in response to urine volume. With overactive bladder disorders, the muscle surrounding the bladder contracts too frequently, resulting in the urgent need to urinate.

Overactive bladder is perhaps the most common thing I see in my urology practice. It can affect up to one in three women and one in four men throughout their lifetime, and the symptoms can range from a mild nuisance to a life-altering, debilitating disability.

When a patient presents with what's described as OAB symptoms, which is typically frequent trips to the bathroom to urinate day and night, my job is to make sure no other issues are causing the symptoms. Some symptoms can become more dangerous, such as infection tumors, or neurological disorders. Men can experience overactive bladder symptoms due to an enlarged prostate. Once I rule out these symptoms, I start with very conservative approaches and then move to more involved treatment only if necessary.

Most patients I see with OAB symptoms do not have dangerous disorders but rather an overactive bladder due to lifestyle habits.

I start by performing a diagnostic ultrasound to measure how the bladder empties. If they haven't fully emptied their bladder, we check for diabetes or neurological issues, and for men, we check the prostate.

If the patient can effectively empty their bladder but still feel the urgency to urinate frequently, I address their lifestyle habits. It's a common misconception for people to believe they need to drink excessive amounts of water. People who ascribe to a very liberal intake of fluids are often having excessive urination. The kidneys don't need extra fluids to work properly. This philosophy of more is better is like eating as much food as possible to flush the colon. It's not helpful.



Many patients are drinking 5 to 6 bottles of water per day, which is about 10 cups of water, plus other drinks. We get plenty of fluids from our food intake as well, so this thought process can lead to too many fluids. Unless someone is very active and sweating or parched with a dry mouth, etc., the fluid intake should not be more than a few cups of water per day. I ask patients to cut back on fluids and avoid overconsumption of caffeine and alcohol, which are dehydrating and stimulate urination. It's also critical not to drink anything 2 to 3 hours before bedtime.

Limiting fluids for approximately one month usually clears up the majority of my patient's issues with OAB. However, if this doesn't address the problem, there are other options to try.

For example, if a patient is on medications that might contribute to OAB, we ask their primary care physician if the medications can be changed.

If this does not improve the OAB, we can prescribe medications to control frequent urination.

These medications can help relax the bladder to help reduce urgency. If these medications work well, we can usually wean them off after a few months, and the patient's urination regulates on its own.

A minority of patients will need further treatment. For these individuals, we look inside the bladder and perform a test to check the pressure.

Innovative interventions for severe case:

Newer interventions to treat complex OAB cases include Botox, which is injected into the bladder to relax the bladder. Within a few short weeks, most patients improve. Some people might need to have the procedure repeated.

Another procedure is sacral neuromodulation. A tiny wire (not much larger than human hair) is placed on the glut muscle with a quarter-size impulse device that sends messages to regulate urination. This procedure has approximately 80% effectivity. It only takes approximately 30 minutes, and if the procedure does not work, it can be easily removed.

The final message is that currently there is much that can be done to address an over active bladder. If this is an issue for you please see your urologist.



Kenneth A. Essig, M.D.

Dr. Kenneth Essig is a board-certified urologist. He attended the University of Cincinnati, where he earned his degree in medicine and completed a residency. Dr. Essig puts his experience to use while addressing any critical issues his patients encounter. Dr. Essig is certified by the American Board of Urology and is a part of

BayCare Medical Group located in Winter Haven, Florida. He also uses specialized tools and equipment to analyze the condition of the patient. Dr. Essig works tirelessly to ensure his patients get the most advanced treatment possible.

 **BayCare**
Medical Group

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Developing Discipline

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood



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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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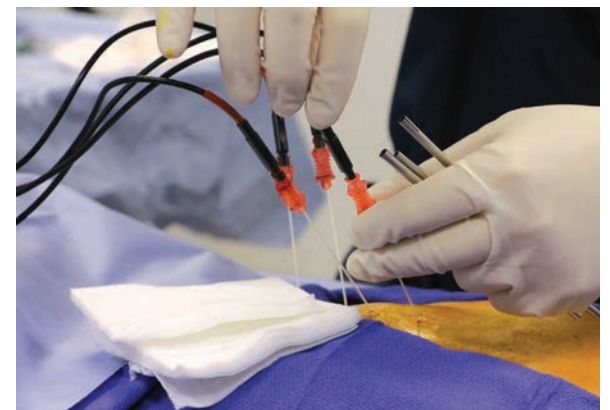
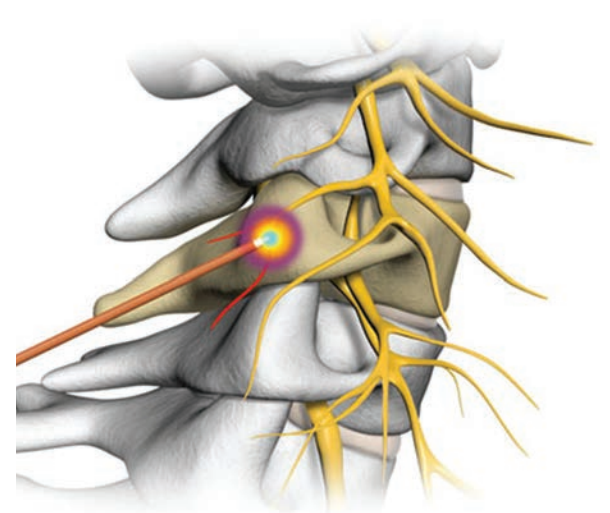


RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



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

WHAT IS RADIOFREQUENCY ABLATION?



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

WHAT CONDITIONS ARE TREATED BY RADIOFREQUENCY ABLATION?

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

A

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



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

HOW DOES RADIOFREQUENCY ABLATION WORK?

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

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

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

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

IS RADIOFREQUENCY ABLATION EFFECTIVE?

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

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

ARE THERE ANY RISKS ASSOCIATED WITH RADIOFREQUENCY ABLATION?

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

They include:

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

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

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



About Dr. Jassal

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

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

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

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

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

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



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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.

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
- Handicap Accessible
- Pets – allowed



\$1000 off
Community Fee

BARBARA BERRY

Senior Director of Lake Wales & Haines City

ANGELA ROSS-BROWN

Executive Director of Haines City

RACHEL LOPER, LPN

Resident Care Director of Lake Wales & Haines City

TILLIE BRICKNER

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HOW DOES YOUR GARDEN GROW?

Good Scalp Health Plants the Seeds for Great Hair

by Alan J. Bauman, MD, ABHRS

Let me ask you something.

If you planned to create a garden, would you examine the soil first and enhance it if necessary before you planted the first seed?

If you answered “yes,” then you’re going to “get” what this article is about. It might even prompt you to think about something you’ve never given much thought to – the condition of your scalp.

Scalp health is probably one of the most important factors there are in growing a beautiful, healthy head of hair, yet it’s something most people never think about – you know, out of sight, out of mind.

Most people only pay attention to their scalp when a problem crops up that they can’t ignore: dry or oily hair, itchiness, flaking (dandruff) or even sensitivity that’s noticeable when you comb or brush. These factors all negatively impact the health of your follicles and interfere with their “job” of growing healthy hair.

But let’s say you don’t have any of the above issues. Should you stop reading right now?

Before you answer (and before you stop reading), think again about your “garden.” Which will give you a better result? Ignoring the growing conditions and dealing with problems after they show up or enhancing the conditions from the start and doing what you can to prevent issues?

There’s irrefutable evidence that optimizing your scalp health will benefit your hair, and helping our patients have the best hair possible is central to the mission of my practice. Healthy hair starts with a good foundation.

And that’s why I created SalonB for both men and women.

Headed by Certified Trichologist and licensed cosmetologist Kimberly Jenkins WTS, SalonB offers crucial services that provide intrinsic elements of growing the best quality hair possible. For many patients, especially those concerned about a specific issue or who just want to make sure all’s well, it starts with a tricological (scalp) evaluation.



What is Trichology? (try-KOL-oh-gee)
The scientific study of hair and scalp health – often specifically as it relates to hair loss.

TRICHOLOGICAL EVALUATION

This 60-minute service consists of an in-depth evaluation of, you guessed it, your scalp. It addresses every possible aspect of scalp health including:

- Determining the acid mantle (pH) balance of your scalp
- Sebum production and hydration status (is it too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?)
- Measuring your scalp’s elasticity
- Microscopic photos to see what’s happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)
- Asking questions about your lifestyle, health and your stress levels

Analysis in hand, Kimberly then formulates a treatment plan and perhaps recommends a Scientific Scalp Makeover™ (see below). She often recommends some high-quality hair products, too, that we’ve carefully chosen for you that will help, not hinder, the health of your particular scalp. Note: Everyone’s scalp is as unique as a thumbprint and it can change over time. These recommendations take the guesswork out for you. You won’t encounter this type of hair product customization by speculating on what your scalp issues are and reading labels on over-the-counter products that end up being exactly what you shouldn’t be using.

SCIENTIFIC SCALP MAKEOVER™

Scalp Makeovers are for everyone, not just for people who had a trichological evaluation. Lots of our patients come just for the chance to relax and unwind with a therapeutic, 90-minute-to-three-hour session in our “head-spa” room.* We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp, and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

*(Warning: these sessions are so relaxing you may fall asleep).



During a Trichological (Scalp) Evaluation, state-of-the-art technology is used to measure pH balance, sebum levels, and scalp elasticity, and microscopic photos to look for any scalp abnormalities.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

CNC HAIR REPLACEMENT

Also available in SalonB is the CNC hair replacement system by Cesare Ragazzi, and it's unlike any other you've ever heard of. You can wash, dry and style your hair as if it were your own and enjoy an active lifestyle with no impediment (or embarrassment) whatsoever.

Typical candidates have experienced severe baldness due to a large lesion or injury, an autoimmune condition, or from life-saving medical treatments like chemotherapy. The CNC hair replacement system is a non-surgical medical-grade hair prosthesis that can be used as either a short-term or long-term hair replacement option.

Do you have questions or are you ready to find out more about how the services of SalonB can help you? Call us at **561-220-3480** today to book your appointment.

And, by the way, these sessions are more than an indulgence. They're a necessity for people whose hair isn't responding like it used to. Your scalp is skin, too, so treat it like skin.

A scalp makeover is beneficial whether you've had a hair transplant, are using our other services, are concerned about your hair quality or simply enjoy an occasional indulgence.

And here's something else SalonB offers.

AT BAUMAN MEDICAL WE HAVE SOMETHING FOR EVERYONE INTERESTED IN IMPROVING THEIR HAIR HEALTH. HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS WE OFFER:

- 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 prostheses
- Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-level laser therapy. FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman "Turbo" LaserCap devices for at-home use
- Vitamins, nutritionals and nutraceuticals: SuperBiotin, Nutrafol & BaumanMD System for Hair Wellness
- TrichoTest™ Genetic Testing – determine what medications or treatments might be more effective in your individual hair loss situation.
- 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 more than 10,000 hair transplant procedures and over 8000 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 was recently named by Forbes as one of "The 10 CEOs Transforming Healthcare in America."



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
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HAPPY UNIVERSAL CHILDREN'S DAY



HEY MOM AND DAD, PARENTING IS FAR FROM EASY.
At AllMedRx we recognize all of your hard work and
want you to know you are doing a great job!

In 1954, the United Nations declared November 20th as Universal Children's Day to promote awareness of children's welfare. As a community pharmacy, we want to do our part in ensuring accessibility to affordable health care by providing generic FDA-approved medications at a low cost. As an independent family-owned pharmacy, we understand parents have enough stress and believe that worrying about the cost of your child's medication can be a burden at times. Our pharmacy wants to alleviate that worry and assure you the price you see is the price you pay. We strive to be the difference we wish to see in the world and have initiated a discount code just for your kids. By visiting our website, allmedrx.org, and inputting KIDS10 at checkout will save you an additional 10 % on your total order.



AllMedRx Specialty Pharmacy is a Brick-and-Mortar independently owned compounding pharmacy, proudly licensed in 45 states. We have been servicing our community locally and nationally since 2013. Our mission is to make generic FDA-approved prescription medications accessible to all at an affordable cost without compromising quality.

All our medications are sourced from the most reputable wholesalers in the United States. We love our patients and see them as an extension to our family.

Our facility is equipped with a state-of-the-art USP <797> compliant Sterile Clean Room. AllMedRx pharmacists and pharmacy technicians are highly trained in sterile and non -sterile compounding. Specializing in sterile eye drops. We are passionate and dedicated to providing premier customer service to our patients.

Our patients' security and privacy are of utmost importance. To us, confidentiality is imperative to all parties involved. While many online pharmacies are illegitimate our HIPPA

compliant pharmacy is LegitScript certified. This badge provides our patients with a trusted and recognized stamp of approval for legitimate and safe health merchants. AllMedRx eliminates the need to order medications from outside of the United States by offering cost-effective prices. Medications that you can trust at a price that will help you confidently apply your healthcare dollars in a safe and secure environment. AllMedRx will guarantee the authenticity of all of our prescription medications ensuring the medication ordered is the medication dispensed.

**I'm sure at this point you're asking yourself,
"How do I place my order?"**

Rest assured, you can drop off your prescription in-store or order online at Allmedrx.org. You can pick up your medication in-store or have it shipped to your doorstep in a discrete unmarked package, the option is yours!

Have any questions? No worries, give us a call today at **561-557-1645** and one of our pharmacist or pharmacy technicians will be more than happy to better assist you!

561-557-1645 **Allmedrx.org**



AllergywoRx™

Coughing? Wheezing? Gasping for air?

ALLERGIES CAN AFFECT YOUR COPD

November is National COPD Awareness Month. At AllergywoRx, we strive to educate our patients on mindfulness of their bodies and its functions. Our mission is to make a difference by providing the best care possible with breakthrough therapies and attentive customer care. We urge you to speak with your medical provider should you have any concerns with your body's performance.

The CDC defines COPD or Chronic Obstructive Pulmonary Disease, as a *group of diseases that cause airflow blockage and breathing-related problems*, which include emphysema and chronic bronchitis. It is noted that individuals who smoke as well as being exposed to allergens add to a person's risk for COPD. It is diagnosed via a breathing test called Spirometry. Despite the fact, there is no cure for COPD it is one of the most preventable and treatable respiratory conditions.

How can treating your COPD and Allergies make your breathing easier?

Individuals suffering from COPD have to be vigilant in avoiding all triggers that can cause difficulty breathing. Most importantly avoid smoking, other inhalants, lung infections such as the flu and pneumonia. Additional triggers are environmental allergies and food allergies, as allergic reactions can be life-threatening by significantly increasing the disruption to the already difficult task of breathing.

For those with difficulty breathing obtaining the necessary levels of oxygen feels like a luxury, breathing with ease is a luxury. Ask your doctor about how treating your allergies can significantly help in easing the act of breathing. Facilitating the action of breathing with ease can cost thousands of dollars per year for those who suffer from COPD. At AllergywoRx we have had great success at saving our patients hundreds of dollars on over-the-counter medications antihistamines and overpriced inhalers since they've started our allergy program. Allergies don't need to be a part of your life! We are here to help, and we will work with you and your doctor to effectively manage your allergy symptoms, so you may enjoy a better quality of life.

AllergywoRx provides personalized allergy medication therapies that cater to the unique needs of patients suffering from allergies, throughout the nation. By working directly with the physician and the patient, we strive to develop the best action plan for each individual.

Per The Cochrane Library Sublingual immunotherapy allergic rhinitis, 2010 "[Immunotherapy] is the only known treatment that modified the immune response and treats the cause rather than the symptoms". If you are one of the millions of Americans who is wanting exceptional quality of care look no further.

Don't want to leave the comfort of your home to talk to a doctor about your allergy symptoms? Schedule a telehealth visit at AllergywoRx.org and a telehealth physician can better assist you.

Today, the convenience of home delivery has become an integral part of our lives. AllergywoRx delivers your medication right to your doorstep.

PHYSICIANS BECOME A PROVIDER!

In just 3 easy steps you could be on your way to generating additional revenue and with a turn-key allergy program while also providing positive patient outcomes! Our allergenic extracts are exclusively handled at AllMedRx Specialty Pharmacy's state-of-the-art USP <797> sterile compounding lab.

1. Complete our contact form at AllergywoRx.org or call us at 888-508-5110 to learn the simple steps to prescribe allergy immunotherapy.
2. Screen & test your patients: use our easy-to-administer, turn-key allergy test program (Environmental, Food, or Ocular Allergy Test Kit)
3. Prescribe allergy treatment. Your patient's allergy therapy will be prepared at AllMedRx Specialty Pharmacy's state -of-the-art USP <797> sterile compounding lab.



AllergywoRx™
Powered by **allMedRx** Specialty Pharmacy

(888) 508-5110

Keeping You Healthy and Safe

Schedule your appointment today.

Primary Care

Auburndale

2028 U.S. Highway 92 W.
Auburndale, FL 33823
(863) 965-9327

Bartow

2250 Osprey Blvd., Suite 102
Bartow, FL 33830
(863) 533-1448

Haines City

36245 U.S. Highway 27
Haines City, FL 33844
(863) 421-9801

Lakeland

619 Midflorida Drive, Suite 1
Lakeland, FL 33813
(863) 701-7188

Plant City

1601 W. Timberlane Drive, Suite 300
Plant City, FL 33566
(813) 754-4611

Winter Haven

400 Ave. K S.E., Suite 11
Winter Haven, FL 33880
(863) 294-4404

7599 Cypress Gardens Blvd.
Winter Haven, FL 33884
(863) 324-4725

1201 First St. S., Suite 100A
Winter Haven, FL 33880
(863) 280-6080

Specialists

Cardiac Electrophysiology

200 Ave. F N.E., Suite 9118
Winter Haven, FL 33881
(863) 292-4004

Cardiovascular Surgery

200 Ave. F N.E., Suite 9118
Winter Haven, FL 33881
(863) 292-4004

General Surgery

2000 Osprey Blvd., Suite 205
Bartow, FL 33830
(863) 733-4390

1601 W. Timberlane Drive, Suite 100
Plant City, FL 33566
(813) 708-1312

Hematology-Oncology

1601 W. Timberlane Drive, Suite 100
Plant City, FL 33566
(813) 708-1312

200 Ave. F N.E.
Winter Haven, FL 33881
(863) 292-4670

Obstetrics-Gynecology

1601 W. Timberlane Drive, Suite 400
Plant City, FL 33566
(813) 321-6677

Pediatric Hematology and Oncology

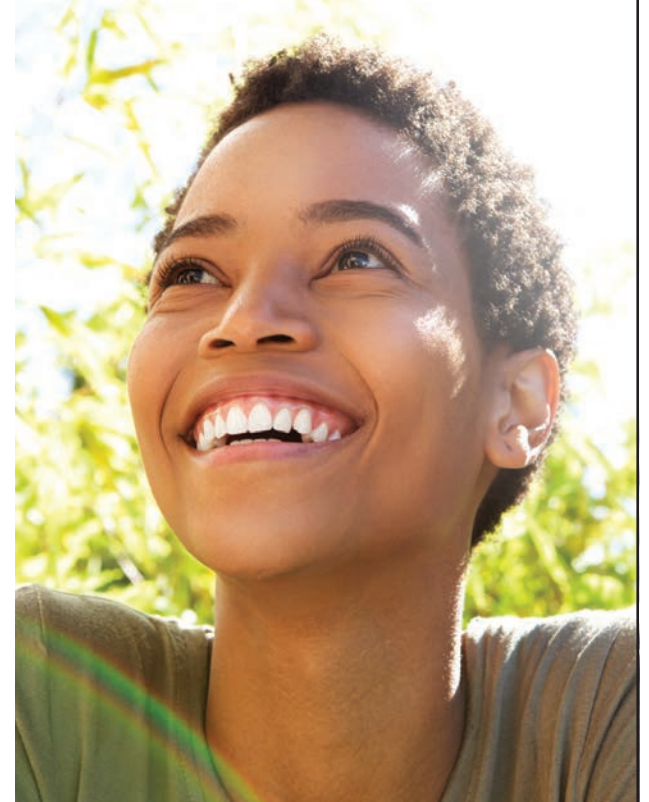
1417 Lakeland Hills Blvd.
Lakeland, FL 33805
(813) 321-6820

Structural Heart and Valve Program

200 Ave. F N.E., Suite 9118
Winter Haven, FL 33881
(863) 292-4004

Urology

7599 Cypress Gardens Blvd.
Winter Haven, FL 33884
(863) 845-2688



We've enhanced our safety measures to protect your health. We're screening everyone for COVID-19 symptoms before entering our offices. All doctors, team members and patients are required to wear masks and we're sanitizing our offices throughout the day.



[BayCareMedicalGroup.org](https://www.BayCareMedicalGroup.org)