

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2022

Polk/Brandon Edition – Monthly

www.HealthandwellnessFL.com



FREE

**WINTER HAVEN HOSPITAL
ONLY HOSPITAL IN STATE TO OFFER
CORONARY BRACHYTHERAPY**

POST PREGNANCY LEG HEALTH

**SAVANNAH COURT
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Winter Haven Hospital

Only Hospital in State to Offer Coronary Brachytherapy

A procedure that can help heart patients manage symptoms linked to complications from stents is now being offered at BayCare's Winter Haven Hospital, bringing access to this service to the West Central Florida region.

The hospital has begun providing coronary brachytherapy and is the only one within 300 miles to do so.

The next closest facility offering brachytherapy is in Augusta, GA, though brachytherapy is not a new procedure. In fact, brachytherapy used to be widely used as the preferred way to treat restenosis. But over the last few decades, drug-eluting stents were developed and effective in the prevention of problematic scar tissue. Today, restenosis occurs in approximately 10 percent of coronary interventions performed.

"If a patient develops restenosis after a stent placement, they may be treated with another stent," explains Dr. Zaheed Tai, an interventional cardiologist at Winter Haven Hospital and director of the brachytherapy program. After that, however, "a third layer is often not effective. Brachytherapy is an option that does not require another layer of stent and will hopefully allow patients to go longer without restenosis."



Primarily an interventional cardiology procedure, brachytherapy treatment is completed in conjunction with specialists more commonly recognized with treating cancer – a radiation oncologist and a radiation physicist. The procedure directs radiation, through a catheter, to the site of restenosis. The radiation specialists ensure safety protocols and dosage accuracy are followed.

In the two months that Winter Haven Hospital has started performing brachytherapy, seven patients have undergone the procedure.

"We at BayCare Winter Haven Hospital are excited to be able to showcase our clinical

expertise with this adjuvant therapy," said Dr. John Davidyock, WHH's Chief Medical Officer. "It's impressive to recognize that a radioactive source the size of a grain of rice could yield such remarkable outcomes to potentially reduce further in-stent restenosis and need for bypass surgery."

 **Winter Haven
Hospital**
BayCare Health System

Bostick Heart Center

WinterHavenHeart.org

Spring (Change) is in the Air

Brent Myers

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

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

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

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

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

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

Note what Paul says:

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

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

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

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



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4777 Lakeland, Highlands Road

Lakeland, FL 33813

Hplakeland.Com

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@Hplakeland



POST PREGNANCY LEG HEALTH

Pregnancy can cause varicose veins which persist after delivery. Post pregnancy, with time, they only get worse; especially if there are further pregnancies. Vascular Vein Centers is here to help during and after pregnancy and treat your varicose veins with minimally invasive procedures.

POST PREGNANCY Q & A

WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

Pregnancy causes significant changes in your body, and these can adversely affect your legs. The fluid in your body increases by as much as 50% during early pregnancy, and you retain more sodium from the salt you eat. These two factors can cause edema resulting in swollen legs and ankles. Levels of hormones like relaxin, estrogen, and progesterone change dramatically during pregnancy, causing your veins to dilate and weakening the vein walls. At the same time, your growing baby is compressing the veins in your pelvis, increasing pressure in the veins of your legs, and resisting the outflow of blood from the legs.





These factors make pregnancy a tough time for your legs. Although the causes of vein problems reduce after you give birth, the effects of pregnancy can leave you with lasting issues.

WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?

Common post-pregnancy vein problems are:

Varicose veins

Varicose veins develop because of the pressure and dilation of your veins and resistance to the outflow of blood from your legs. The result can be spider veins with underlying varicose veins even if they aren't visible. Most often there are visible rope-like, bulging varicose veins which may be tender or itchy.

Vulvar varicosities

Vulvar varicosities are varicose veins that affect your vulva. There are rare during pregnancy, and usually disappear over the months following delivery. If you have vulvar varicosities that don't clear up, Vascular Vein Centers provides effective treatments. Pregnancy and post-pregnancy for up to 3 months is a time when you are at greater risk of developing deep vein thrombosis (DVT). DVT risk is higher during pregnancy and peaks after giving birth. Your body is dealing with high hormone and fluid levels and an enlarged uterus, as well as a more sedentary lifestyle.

HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?

If you have vein problems after giving birth or persisting swelling, it's advisable to seek an evaluation at Vascular Vein Centers. Hormonal changes continue to affect your veins and fluid volume for some months after having your baby and when you're breastfeeding. This is a good time to wear compression and begin exercising. You might find that once the hormones and fluid volume return to normal, the problem veins get smaller, but they don't go away and will become worse with time. Vascular Vein Centers provides advanced treatments for varicose veins, spider veins and vulvar varicosities, including:

- Foam sclerotherapy using Varithena®; an FDA approved treatment
- Endovenous laser therapy (EVLT)
- Ultrasound-guided sclerotherapy
- Cosmetic sclerotherapy for spider veins

These treatments seal off and eliminate affected veins, so your body directs your blood through healthy veins. The treated veins disappear over time. The procedures are all minimally invasive outpatient procedures that the Vascular Vein Centers team performs in-office. To find out more about post-pregnancy vein therapy and the challenges of maintaining healthy legs during and post pregnancy, call Vascular Vein Centers today. For your convenience, appointments can be booked online.



**WE'RE OPEN & SAFE,
EXCEEDING CDC SANITIZATION
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of Davenport / Haines City**

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www.PolkVVC.com
next to IMA Pichardo Clinic

TREATMENT OPTIONS FOR LOWER BACK PAIN



LOW BACK PAIN IS ONE OF THE MOST COMMON HEALTH PROBLEMS AFFECTING AN ESTIMATED 85% OF THE WESTERN POPULATION. THE SACROILIAC JOINT IS A COMMON SOURCE OF LOW BACK PAIN, ACCOUNTING FOR ABOUT 30% OF ALL CASES. LATEST EVIDENCE SHOWS SACROILIAC JOINT (SIJ) DYSFUNCTION IS SEEN IN 1 IN 3 PATIENTS WITH CHRONIC LOW BACK PAIN AND HAS BEEN MISDIAGNOSED FOR YEARS.

WHAT IS THE SACROILIAC JOINT AND HOW DO SYMPTOMS OF DYSFUNCTION PRESENT THEMSELVES?

The sacroiliac joints (SIJ) sit on the left and right sides of your spine between the sacrum and the ilium bones of the pelvis. Their primary roles are to provide stability for the pelvis and bear the upper body's load when you stand or walk and shift that load to your legs. They are an essential component for energy transfer (or shock absorption) between the legs and the torso.

The pain starts when your SI joint becomes inflamed. There are several reasons it could happen, but hypermobility (too much movement, the joint is too loose) and hypomobility (too little movement) are the root of the problem. This can occur as the result of a fall, work injury, car accident, pregnancy and childbirth, or hip/spine surgery (laminectomy, lumbar fusion, etcetera). Another factor contributing to SIJ dysfunction could be age. As we age our bones become arthritic and ligaments stiffen. When the cartilage wears down, the bones may rub together causing pain.

PATIENTS WHO MAY BE EXPERIENCING SIJ PAIN REPORT SYMPTOMS SUCH AS...

- Pain in the lower back
- Pain in the buttocks, hips and pelvis
- Increased pain when standing up from a seated position
- Inability to sit for long periods of time (i.e. long car rides, working at a desk)
- Inability to perform daily functions such as vacuuming or loading the dishwasher.
- Have continuous low back pain despite other therapeutic treatments such as spinal cord stimulation or spinal fusion.

THIS SOUNDS LIKE ME; WHAT ARE MY TREATMENT OPTIONS?

SI joint disorders require appropriate interpretation of your history, clinical exam results and imaging studies. Often, hip pathology and or lumbar pathology can coexist with SI joint pathology. Excel Pain and Spine physicians are trained in the diagnosis and treatment to help diagnose your condition accurately and get you on the path for lasting relief.



**SI DYSFUNCTION TREATMENT
OPTIONS COULD INCLUDE:**

- 4-8 weeks of physical therapy
- SI diagnostic and therapeutic joint injections
- Radiofrequency ablation of the nerves in the SI joint
- SI joint stabilization procedure utilizing SI joint stabilization

SI joint stabilization allows for stabilization of the SI joint in eligible patients where other treatment has failed. This procedure is minimally invasive in nature and is typically performed at an outpatient surgical center. Patients can expect a fast recovery time and, in some cases, immediate relief.

**SOME OF THE BENEFITS OF THIS
SYSTEM INCLUDE:**

- Drill-less
- Non-metal implant (LinQ is made from cadaveric bone)
- Low risk of infection or complications
- Long-term relief from SI joint pain

The LinQ implant is about the size of an almond and is inserted in between the sacrum and ilium to help anatomically restore the joint space and re-stabilize the joint. While patients are encouraged to return to normal activity as soon as they feel they are able to, they should limit bending, lifting, and twisting for about 6 weeks post operation. This time will allow the soft tissues around the incision site to heal properly.

FREQUENTLY ASKED QUESTIONS

Does SI Stabilization require an overnight hospital stay?

No, this is a same-day, outpatient procedure.

Is it covered by Medicare?

Yes, and private insurance too.

If I've had a prior fusion or laminectomy, am I still a candidate?

Yes, many patients have SI dysfunction even after other fusion and laminectomy surgeries.

What about other procedures (SCS, RFA, or injections)?

Yes, the same as above.

Can I still have MRIs and CT scans?

Yes, this is NOT a contraindication against MRIs or CTs.

Will I get immediate pain relief?

In many cases, yes, however, some soreness can be expected after surgery.

What if I have pain on both sides?

Each patient is different. Once we conduct several tests to determine the diagnosis of the pain, we can make a plan specific to each individual. If there is bi-lateral SI pain, treating both sides are an option.

I think I could be a candidate for this procedure.

What are the next steps?

Make an appointment with a physician at Excel Pain and Spine to be evaluated for SI joint dysfunction. From there, you will discuss personalized treatment options to address your diagnosis and fit your lifestyle.

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Davenport, FL 33837

Sun City Center

771 Cypress Village Blvd.
Sun City Center, FL 33573

Winter Haven

400 Ave. K Southeast, Suite 9
Winter Haven, FL 33880

Ellenton

7032 US-301 North
Ellenton, FL 34222

Wauchula

326 South 6th Ave.
Wauchula, FL 33873

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

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Senior Director of Lake Wales & Haines City

RACHEL LOPER

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www.SLM.net



SPRING IS IN THE (H)AIR

Tis the Season to Rejuvenate, Renew, and Regrow

by Alan J. Bauman, MD, ABHRS

SPRING IS IN THE AIR. AND WHAT DEFINES SPRING? REJUVENATION, RENEWAL, AND REGROWTH.

SOUNDS EXACTLY LIKE WHAT WE DO HERE AT BAUMAN MEDICAL WHERE SPRING IS IN THE (H)AIR ALL YEAR LONG.

While winters aren't too harsh in South Florida, winter's a busy time. It's chock full of shopping, partying, decorating and cleaning up, followed by getting settled into the new year and (ugh!) even starting on taxes. That can take your attention away from self-care, including your hair and scalp health.

Does that sound like you? Well, spring presents the perfect opportunity to take a little "me" time.

Why is scalp health important?

You can't have your best possible hair without a healthy scalp underneath. After all, everything that grows needs a well-nourished, well-prepared foundation.

A thorough scalp evaluation is an excellent way to start your hair improvement journey.

TRICHOLOGICAL (SCALP) ANALYSIS

A *what?* you're probably asking, and *why should I do it?*

A trichological scalp evaluation at SalonB, our in-house trichology center, will determine your scalp needs for optimal functioning. (Trichology is the study of the hair and scalp.) When your scalp is at its best, so is the hair it grows.

This 60-minute service consists of an in-depth analysis of your scalp by our in-house Certified Trichologist and HairCoach™, addressing 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

Next, we formulate a treatment plan that may incorporate one of our many other services (see sidebar) and/or may recommend the ideal hair products for you.

These recommendations are custom chosen for you

because everyone's scalp is as unique as a thumbprint. This isn't something you can do yourself by reading labels on over-the-counter products. You're likely to end up buying exactly what you *shouldn't* be using. Our scalp evaluation recommendations take the guesswork out of this process and identify *exactly* what you need.

SCIENTIFIC SCALP MAKEOVER™

The next step toward a healthy scalp is our Scientific Scalp Makeover™. This makeover is more than an indulgence. It's a necessity for people using topical hair growth medications or undergoing high density PRP (see sidebar that explains PRP). It helps the scalp more efficiently absorb any medications by removing buildup of shampoos, conditioners, and other hair care products, and it stimulates circulation.

The Scientific Scalp Makeover™ isn't just for patients using our hair enhancement services, however. Lots of people come just for the chance to relax and unwind during this therapeutic, 90-minute-to-three-hour session in our "head-spa" room.* We dim the lights and provide a variety of soothing treatments including:

A "Scientific 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.





Nutrition is as important to the hair as it is to the rest of the body. Bauman Medical has a host of nutritional supplements for hair growth available on the Bauman Medical eStore.

- Aromatherapy
- A customized scalp mask 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

Nutrition

Nutrition is as important to the hair as it is to the rest of the body, so we've worked diligently to formulate some sensational nutritional supplements available only through Bauman Medical. Here are a few of our most popular ones:

The Recruiter: This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells. Stem cells assist in healing damaged tissues due to aging, injury, and stress. Scientifically proven to increase the number of circulating stem cells in your body to promote healthy hair growth and overall health.

The Good Guys: This hair probiotic complex support your gut's microbiome to optimize the digestive process and maximize overall health and wellness. This formula supports a robust scalp and strengthens follicles for optimal hair growth.

The Bodyguard: This formula contains a unique blend of herbs and mushrooms shown to support a healthy

immune system and defend against environmental toxins and stress-related weakness of the immune system. Scientific research confirms the benefits of the immune-enhancing herbs within the formula, together with the fungi, especially Asian mushrooms.

A-List Hair Vitamin Complex: I call this my "strategic supplement," because it contains top-tier ingredients that've been shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, promote collagen renewal for hair, skin hydration and wound healing.

What you eat counts, too, so keep in mind that including nuts, eggs, vegetables, soybeans, salmon, and berries in your diet will improve the quality of your hair. Sugar, flour, alcohol, diet drinks and fried/fast foods can be detrimental.

READY TO SPRING INTO ACTION?

Then take advantage of the season of rejuvenation, renewal and regrowth to do something good for yourself. We're here, and we'll be waiting for your call.

To learn how we can help, 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 33,000 patients, has performed more than 10,000 hair transplant procedures and over 10,000 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 6th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by Forbes as one of "10 CEOs Transforming Healthcare in America."



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

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
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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
- TrichoTest™ Genetic Testing – determine what medications or treatments might be more effective in your individual hair loss situation based on your DNA.
- Hair loss risk management. Identifies medical and lifestyle risk factors that are detrimental to hair growth.

ARE YOUR PRESCRIPTIONS EMPTYING YOUR POCKETS?

T IRED OF PURCHASING YOUR MEDICATION FROM ANOTHER COUNTRY?
STOP FIGHTING FOR REASONABLE PRICES WITH COUPONS.
STOP WASTING TIME WAITING IN LONG LINES AT BIG-BOX PHARMACY STORES.
YOU HAVE ENOUGH STRESS IN YOUR LIFE, COME TO ALLMEDRX SPECIALTY PHARMACY
WHERE THE PRICE YOU SEE IS THE PRICE YOU PAY.
QUICK, CONVENIENT, AND AFFORDABLE MEDICATIONS FROM A FAMILY-OWNED PHARMACY!
ALLMEDRX DELIVERS YOUR MEDICATIONS RIGHT TO YOUR HOME.

allMedRx
Specialty Pharmacy

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!

Visit our website,
Allmedrx.org,
today for **10% off**
your first order.





TIRED OF TAKING ANTIHIISTAMINES and other allergy medications to no avail?

Over the counter, allergy medications treat the symptom, not the cause. The AllergywoRx program, developed in 2011 by a clinical team that included doctors, pharm. D's and compounding pharmacists, is one of the foremost comprehensive allergy treatment programs in the nation. Powered by AllMedRx Specialty Pharmacy this immunotherapy program is your one-stop allergy solution designed to include the screening, testing and treatment plan of your environmental allergies via our website AllergywoRx.org.

Fighting allergens with allergens

We believe in patient-centered care and partner with many physicians across the United States. Don't feel trapped by your allergies, immunotherapy could be the key to your freedom from your symptoms.

Immunotherapy is a process that desensitizes your body to allergens. It involves a formula that safely introduces small amounts of specific allergens to your body over a period of time. This allows your body to build up immunity to the allergy. Allergy immunotherapy increases your allergic threshold, so you no longer experience allergy symptoms. Safe and effective for patients

of all ages, allergy immunotherapy has been helping people live symptom-free for decades. In fact, studies show that immunotherapy helps reduce hay fever symptoms in about 85 percent of people with allergic rhinitis. (jama, march 2013-vol 309, no. 12)

"[immunotherapy] is the only known treatment that modifies the immune response and treats the cause rather than the symptoms."

Contact your physician today and see if you are eligible for the AllergywoRx program.

Physicians become a provider!

Stop referring your patients out for allergy testing! Treat the underlying allergic disease with minimal time and man power. 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. The pharmacists are available at any time for your staff and patients and every customer service team member is a registered pharmacy technician. To start complete our contact form at AllergywoRx.org

or call us at **888-508-5110** to become versed in the simple steps to prescribe *allegiShots* and *allegiDrops*.



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.

Trust your hips and knees to the leader in joint replacements.

When you have your hip or knee replacement procedure at a BayCare hospital, you're trusting a leader in Tampa Bay and West Central Florida. No health system or hospital does more hip and knee replacements than BayCare. That level of experience means clinical excellence, which is why 98 percent of our hip and knee replacement patients are up and walking within 24 hours of surgery.

For a physician referral:
BayCareJointRepair.org or (844) 260-7155



BayCare

Winter Haven Hospital