

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2022

Polk/Brandon Edition – Monthly

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FREE



**SMALL STEPS TO LIVING
A HEALTHIER LIFESTYLE**

**UNSIGHTLY VEINS
CAN INDICATE
DEEPER PROBLEMS**

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

**SAVANNAH COURT
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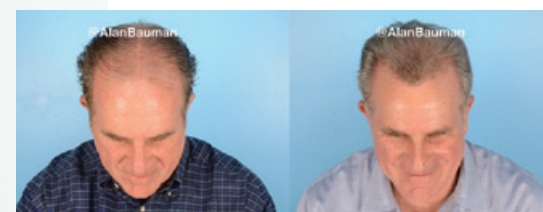
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Small Steps To Living a Healthier Lifestyle

We all want to adopt a healthier lifestyle, but most of us do not know where to begin. The advice on diet and lifestyle choices to achieve these goals are vast, can be oppositional and often require drastic changes. It may feel overwhelming and we just don't know where to start in order to make an impact on our health and well being.

In an effort to identify evidence based practices that have a dramatic impact on overall health we turned to Dr. Liji George with BayCare Medical Group, a board certified family medicine specialist with more than 21 years experience in Family Medicine. Dr. George reports that "Incorporating small changes in diet and exercise over time is easier to maintain and leads to a happier, healthier life" explains Dr. George.

Dr. George explains when you focus on just a couple of small changes at a time, you begin to ingrain these habits as lifetime changes. The all or nothing approach more often than not fails to create lasting changes. Research shows taking small steps -not giant leaps- is the best way to attain lasting results.

Dr. George recommends to start by choosing small goals to add to your lifestyle and those to begin to limit. Successfully incorporating these changes for 30 days in your lifestyle creates a new habit. Once a new habit is created, pick a few more areas to focus on. In a year you are likely to have fully adopted the changes to meet the evidence based recommendations to live a healthy life.

Dr. George recommends to include more non-starchy vegetables, movement/exercise, water, and time for something each day you enjoy. At the same time work to limit sugar, salt, fats, and stress.

Vegetables

Add colorful vegetables to every meal. Vibrant colored vegetables are packed with vitamins, nutrients, fiber and lower in caloric value. Work toward 1/2 of your plate packed with these superfoods for every meal. Carrots, leafy greens, squash, tomatoes, zucchini, bell peppers, cauliflower, broccoli, eggplant, cabbage, radish, mushrooms, cucumbers are examples of vegetables to intentionally increase in your diet. Starchy vegetables such as potatoes and corn should be limited.

Some simple ways to increase vegetable intake: offer a plate of sliced veggies with hummus to snack on while dinner is being prepared. Keep ready to eat chopped vegetables in your fridge as an easy to grab and much on snack.



Exercise

Move more. This doesn't mean you have to join a gym or train for a marathon. It simply means move your body at a pace that would be considered brisk for 30 minutes 5 times a week. These do not have to be 30 continuous minutes, three 10 minute sessions of activity that makes you breathe a little harder is a great place to start. The idea is to move more, and start at your current fitness level. Significant health benefits can be attained by just moving more, move for longer periods of time more often. Take the stairs instead of the elevator or escalator, park farther from the entrance of a store, set aside time in the day for intentional movement. Dr. George also recommends trying many different forms of exercise until you find something you enjoy and have someone you can do this activity with, it's always more fun when we have an exercise buddy.

Water

Americans generally don't consume enough water. Even slight levels of dehydration can cause mood changes, fatigue, headaches, and anxiety. We often misinterpret thirst for hunger, and staying hydrated will keep you feeling full longer. Adults should drink 1/2 of their weight in ounces of water daily; which means a 150 pound adult should aim for 75 ounces per day. While this may seem like a daunting task, start simply, make a habit of carrying cool water with you wherever you go. Drink a full glass of water before meals and snacks. Fill up a container with your target ounces of water and keep in the refrigerator. Make a habit of sipping water throughout the day. Spice up the taste of your water with a squeeze of citrus fruit or ginger.

Fun

Enjoying life is a key to a healthy life. Taking time each day to do something just for yourself is vital to enjoying life. What do you enjoy most – Reading, painting, chatting with a friend or family member, a craft or hobby? Begin to look at taking this time for yourself each day as part of a healthy lifestyle.

Try to limit:

Sugar

The average US diet contains 10 times the recommended daily intake of sugar. Less than 10% of daily calories should come from sugar. Sugar is often a hidden ingredient in processed foods, sauces, and condiments that we simply aren't aware is added. Culprits include salad dressings, marinades, barbecue sauce, and sauces included in



frozen vegetables. Try substituting fresh vegetables instead of processed or pre-prepared vegetable dishes, read labels and look for the carbohydrate and sugars in sauces, marinades, and condiments. There are often options with a much lower sugar content.

Don't drink your calories. Sodas and fruit juices are calories that have no nutritional value but are packed with sugar. Instead eat a piece of fruit, not only will you get the vitamins & nutrients but also added fiber that juices don't offer without the added sugar. Substitute sodas with carbonated water, there are many options that have no sugar or sugar substitute in a variety of flavors.

Salt

Salt has been linked to high blood pressure, increased risk of heart attack and stroke. Salt/Sodium also causes water retention and generally slows down our lymphatic system which moves toxins from our body. While our bodies do need some salt, it is very little less than 5 grams/day for an average adult and less than 1.5 grams/day for anyone with a cardiac condition. Instead of salt to flavor foods, try salt free options of blended spices they are full of flavor and can enhance foods taste. Steer away from processed foods, as these are usually filled with sodium; make the same dishes from fresh ingredients. When cooking, don't add salt to dishes – taste the finished product first. Move to a low flow salt shaker and gradually replace the use of salt with blended salt free spices. Skip the sports

drinks – these have added sodium and unless you are an endurance athlete you will not need to replace sodium in your body.

Fat

Fat from animals is calorie dense and has little nutritional value, not to mention it is the culprit in high cholesterol leading to increased risk of heart attack, stroke and heart disease. The average adult needs 2 teaspoons of mono-unsaturated fat daily. Make this nutrient dense by including nuts, avocados, and vegetable oils in your diet. Omega 3 fatty acids support brain and heart health and can be found in fatty fish such as salmon and tuna. Eating seafood twice week is a great way to increase healthy fats and healthy proteins.

Another way to decrease fat is to move to leaner forms of protein. On your plate, protein should take up 1/4 of the space. When choosing protein sources lean toward chicken, turkey, seafood, soy based products (tofu), and lean cuts of meat. Ground turkey and chicken can easily be substituted for ground beef in many dishes. It's also easy to substitute 1 pound of ground beef for 1/2 pound of ground turkey or chicken and 1/2 pound of lean ground beef. Again small changes can really add up to massive benefits in health.

Stress

Life's stressors can play havoc on your health. By increasing exercise and taking time for yourself everyday you will begin healthy ways of managing

those stressors. However, during increased time of stress pay extra attention to ways to intentionally manage stress. Take time to confide in a friend, learn to meditate, and if needed ask for help.

At the end of the day, lasting changes that have dramatic effects on our health & wellbeing start with small steps. Choose two goals, work toward those and slowly adopt more goals over time. Your health is not an all or nothing practice, take small steps and offer yourself grace through the process it won't take long before you notice a positive change in how you feel and your health.



Dr. Liji George is board certified in family medicine.

She earned her Doctor of Medicine from Odessa State Medical University in Odessa, Ukraine. She continued her medical education by completing a family medicine residency from Creighton University School of Medicine in Omaha, Nebraska.

Dr. George believes prevention is better than cure. She puts an emphasis on preventive medicine, along with building relationships with her patients. She works towards creating a personalized treatment plan, while ensuring quality and open communication. An accomplished author, Dr. George has contributed articles to peer-reviewed publications like the Florida Family Physician. She is a member of the Florida Academy of Family Physicians, the American Medical Association, the American Academy of Family Physicians and the Neurological Injury Compensation Association of Florida. She speaks Russian, Hindi, Malayalam and Tamil.



BayCare Medical Group Primary Care

1601 W. Timberlane Drive, Suite 300

Plant City, FL 33566

To schedule an appointment please visit

DrLijiGeorge.org or call **(813) 754-4611**

UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

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



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



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

Some of the symptoms include:

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

Some of the signs include:

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

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

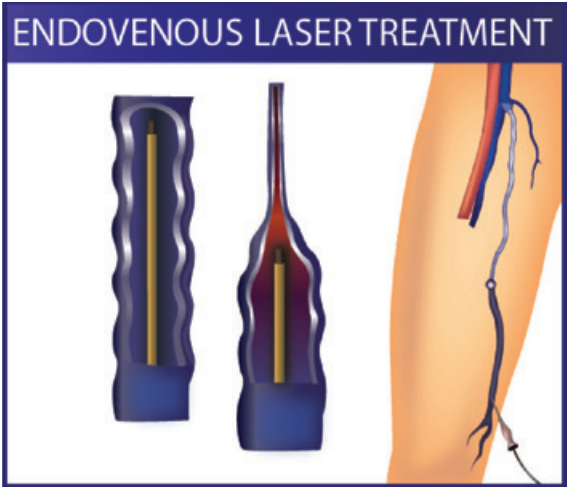
Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins.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

These procedures are covered by most medical insurances, including MEDICARE.

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

Vein health equates to leg health.

"A stitch in time to save mine"!



\$10 OFF
ONE PAIR OF
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RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



ARE 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.

At Excel Pain and Spine, their 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?

Excel Pain and Spine 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.

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.

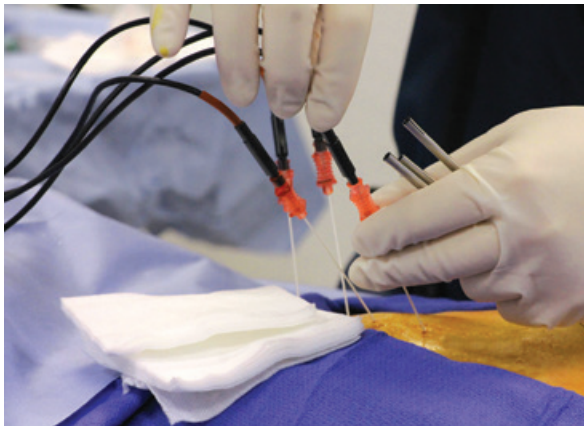
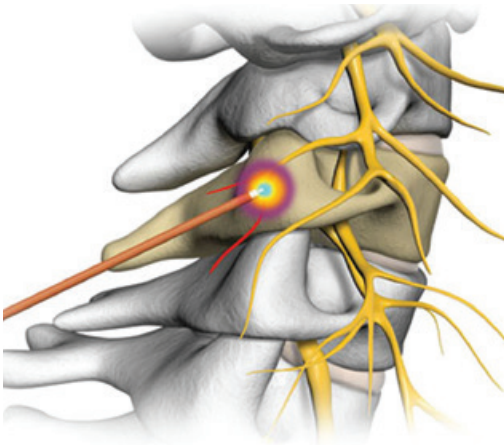
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

Excel Pain and Spine 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 Excel Pain and Spine today.



Our clinic, Excel Pain and Spine, was founded with one principle in mind – to provide the best possible care to patients above all else. Every decision made by our providers is and will continue to be made with this principle in mind. We always defer back to how we would want a family member treated and base our clinical and non-clinical decisions with the goal in mind. We are the most comprehensive pain management team in Central Florida.

Many of the challenges and frustration patients face are the same ones that providers struggle with day-to-day. We understand these challenges and have built a company that teams up with our patients to navigate the modern health care system and provide solutions for patients' suffering from pain.

All of the physicians are double board certified physicians. Our physicians have various academic titles, bring world class pain management treatment options to Central Florida. We understand that to provide the best patient care and be our best as physicians, we need to have the best trained clinical staff. We are lucky to have an attentive team with many combined years of pain experience, all aligned on the same goal of giving the best care above all else.

Pain and the limitations that result is a very personal problem. Pain is not simply a statistic like cholesterol. Every patient responds differently to the various treatment options available. Having a treatment plan based on the latest medical research is key to ensure the best possible outcomes for our patients. Additionally, we understand the need to constantly re-evaluate, make adjustments, and incorporate other options as we go through the pain relief journey together.

We pride ourselves on making sure every patient leaves with an understanding of their personalized treatment plan as well as educational materials specific to their recommended treatments so that they can make the best possible decision regarding their own care.

Navdeep S. Jassal, M.D.
Board Certified - Pain Medicine
Board Certified - Physical Medicine
& Rehabilitation

Arpit Patel, D.O.
Board Certified - Pain Medicine
Board Certified - Physical Medicine
& Rehabilitation

Corey Reeves, M.D., M.B.A.
Board Certified - Pain Medicine
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Neal Shah, M.D.
Board Certified - Pain Medicine
Board Certified - Anesthesiology

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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
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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

LPN Resident Care Director of Lake Wales & Haines City

STEFANIE CARAWAY

Resident Care Director of Haines City

TILLIE BRICKNER

Marketing Relations Director

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Haines City

FL 33844, 301 Peninsular Dr.

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Assisted Living License 9382

www.SLM.net





ARE YOU FOOLING YOURSELF ABOUT YOUR HAIR LOSS?

We Can Help – and That’s No Joke

By Alan J. Bauman, MD, ABHRS

April’s known for pranks – a jokester pins a silly sign on your back or puts salt in your sugar bowl, with everyone in on the joke but you.

But let’s face it – if you’re ignoring or trying to hide thinning hair, you might be pulling the biggest prank of all this month on yourself – and that’s no laughing matter.

Thinning hair isn’t likely to reverse itself without professional intervention. And that bald spot sporting a comb-over? For many men, that hair’s not coming back on its own, no matter how much you want it to.

But you likely already knew that.

Fortunately, you have a “secret weapon” at your disposal – actually lots of secret weapons. Hair problems in April or in any of the other months of the year are no match for Bauman Medical, where helping your hair look better than you thought it ever could again is no joke.

We’re internationally famous for our hair transplants (more about those below), but there’s so much more we can do. No kidding.

If there’s a way to regenerate your hair, we offer it. Here are three of our most popular regenerative technologies:

BAUMAN TURBO LASERCAP®

In just five minutes a day, you can achieve improved hair growth at home with our medical grade Bauman TURBO LaserCap® which provides low-level laser therapy (also known as red light therapy). It’s FDA-cleared, portable, hands-free, cordless and rechargeable. It’s also drug and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.

PRP (PLATELET-RICH PLASMA)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, and then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

PDOgro™

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime “lunch-break” procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.

FUE HAIR TRANSPLANTS

Some people’s hair loss is too advanced for our regenerative approaches. Your hairline may be receded, your crown just too thin, or your hair follicles severely depleted or gone.

No time to fool around.

It’s time to harness the *power of the transplant*.

Luckily, hair transplant procedures have become more effective, comfortable, and 100% natural-looking in recent years due to major innovations in techniques and technology. The latest type is known as FUE (follicular unit extraction).

FUE hair transplantation allows for the harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery. Results are natural looking, not like the old-fashioned “plugs” that your father or grandfather may have had decades ago.

Bauman Medical employs several types of FUE depending on your particular need or situation. Among our most popular FUE procedures is the “No-Shave Long-Hair Preview” VIP/FUE™.

This breakthrough minimally invasive hair transplant procedure offers patients all the advantages of traditional FUE, including no staples, no stitches and no-linear-scar, and a more comfortable and less restricted downtime compared to outdated invasive linear FUT “strip” harvesting.



Before and 12 months after



Before and after FUE Hair Transplant by Dr. Alan Bauman

What makes it different? It's the only transplant procedure not requiring any trimming or shaving of the donor area. That means no dramatic change in your hairstyle after the procedure (such as looking like you had a buzzcut), making it totally discreet. It includes the unique benefit of the "long hair preview," which allows you to see the results of your transplant immediately after your procedure – making it the ultimate experience in minimally-invasive hair transplantation.

LEARN MORE

We take your situation very seriously, but it doesn't mean we won't try as hard as we can to fool other people into thinking that the hair we help you grow is completely natural.

Don't wait another day to find out about all we have to offer a man (or woman) who wants to restore their hair. 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.

WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

I know I'm not the only hair restoration surgeon you'll discover in your research, but I believe I'm one of the most well-qualified and experienced ones you'll encounter. Before choosing someone for this important decision, I encourage you to only settle for someone who meets all of these credentials:

- Certification from ABHRS – American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- A fellow of the International Society of Hair Restoration Surgery (FISHRS). Less than 10% of all ISHRS members worldwide have achieved the coveted "Fellow" status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- Membership in the International Alliance of Hair Restoration Surgeons (IAHRS). This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- Membership in the American Hair Loss Association (AHLA). The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.



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."



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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



The Tub Cut Company
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www.TUBCUT.COM
VA APPROVED

I Have A Wait Problem

Brent Myers

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

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

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

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

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

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

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

Waiting is rewarded by God.

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

Waiting is the fruit of our faith.

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

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



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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)