

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2022

Polk/Brandon Edition – Monthly

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  **FREE**

**BAYCARE NAMES
NEW POLK REGION
CHIEF NURSING OFFICER**

DON'T GIVE UP!

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

**CHRONIC PAIN:
WHAT YOU SHOULD KNOW
ABOUT YOUR TREATMENT OPTIONS**

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



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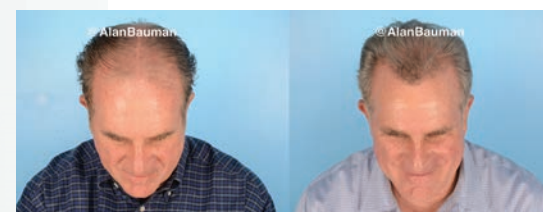
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contents

May 2022

- 4 BayCare Names
New Polk Region Chief Nursing Officer
- 5 Spiritual Wellness: Don't Give Up!
- 6 Skin Changes in The Lower Leg
are a Sign of Venous Disease
- 8 Chronic Pain:
What You Should Know About Your Treatment Options
- 10 Savannah Court Senior Living Communities –
Offering You So MUCH More
- 12 Grow Your Hair Like a Goddess
- 14 TubcuT® Can Help Alleviate Slip and Falls and
Trouble Getting In and Out of the Bath
- 12 Seniors Aging in Place

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BayCare Names New Polk Region Chief Nursing Officer



*Kristen Smith, MSN, RN,
is BayCare's new Polk Region Chief Nursing Officer*

After a national search, BayCare has named Kristen Smith, MSN, RN, as the new Chief Nursing Officer for BayCare Polk County hospitals. She began in the new role on Feb. 21.

Smith, who was the director of Patient Services at BayCare's St. Anthony's Hospital, will be responsible for maintaining BayCare's high standards of quality and advancing an interdisciplinary team approach to deliver excellent care. She will work with teams across all clinical settings, including hospital operations, ambulatory services, behavioral health and others.

In her previous role, Smith led more than 400 team members at St. Anthony's Hospital and developed the neurology bed alert process. She also served as the chair of BayCare's Medical-Surgical Telemetry Collaborative.

"We're excited to bring Smith to our Polk County hospitals and serve in this new capacity," said Lisa Johnson, BayCare's Chief Nursing Officer. "Her experience and strengths in interdisciplinary collaboration, team building, and communication will help enhance patient care in the community."

Smith has received a bachelor's degree in nursing from St. Petersburg College, and a master's degree in nursing, healthcare leadership at the Jacksonville University. She is a member of the Florida Organization of Nurse Executives (FONE) and is the current president of the Tampa Bay Organization of Nurse Executives (TBONE).

Smith has received many distinguished awards, including Team DAISY and the Service Excellence Champion, for her dedication and commitment to compassionate care.



Bartow Regional Medical Center
Winter Haven Hospital
Winter Haven Women's Hospital

Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!



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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.



**WE'RE OPEN & SAFE,
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**Vascular Vein Centers
of Davenport / Haines City**

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*Compression socks help you
maintain your active lifestyle*

CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



CHRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU’VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

Our clinic, **Excel Pain and Spine**, was founded with one principle in mind – to provide the best possible care to patients above all else.

We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient's best interest in mind.

Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that's right for you.

MORE OPTIONS THAN JUST OPIOIDS

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-Inflammatories, and muscle relaxers.

Opioid medications have multiple risks and side effects, including constipation, sleep disorders, osteoporosis, sexual dysfunction, and accidental overdose. A pain management physician judiciously uses these medications only when appropriate and carries out the proper management and monitoring to ensure safe use.

Interventional therapies prescribed by pain management doctors include spinal and joint injections, nerve blocks and ablations, regenerative medicine injections, minimally invasive spinal implants, and nerve stimulators to block pain signals.

Pain management doctors aid with the coordination of care and referrals with other treating specialties, including physical therapists, chiropractors, surgeons, and primary care providers. Many patients who can gain relief from a pain management doctor have had surgery and continue to have pain, or patients who cannot have surgery and must find other avenues for relief.

The practice of pain management has evolved over the last 20 years. Board-certified pain management doctors are equipped to manage the full scope of new and old injuries or syndromes causing pain. These doctors have the unique ability to combine a vast array of treatments and therapies with to improve a patient's quality of life. Any patient suffering from pain and not getting the relief they need should consider evaluation with a pain management doctor.

MAKE YOUR JOURNEY LESS STRESSFUL

As physicians who are genuinely interested in providing positive patient outcomes, we recognize that the road to pain relief is a journey. In addition to providing customized, personalized treatment plans, we strive to deliver positive friction-free experiences at every touchpoint to make the journey as stress-free as possible.

This is particularly vital when patients suffer from a work-related or personal injury, and time is of the essence. Our team prides itself on its ability to seamlessly coordinate care plans with personal injury or worker's compensation advocates to best serve our patients.

HELPING YOU NAVIGATE WORK RELATED ACUTE TRAUMA

The delivery of healthcare services is fragmented and complex, and one can quickly become exhausted trying to navigate that landscape.

We remove much of this burden for our patients by providing expedited appointments to provide high-quality care with the lowest possible costs. We will take care of coordinating care with referring physicians, diagnostic studies, and your insurance company.

When necessary, we will work closely with worker's compensation case managers, adjusters, and law firms to develop a coordinated care plan.

EXPERIENCE AND TRAINING YOU CAN TRUST

Excel Pain and Spine is a privately-run practice owned and operated solely by physicians that have trained, taught, and researched at the top pain medicine institutions in the country.

Our physicians are regarded experts in the pain management field and remain involved with teaching new and advanced treatments to practicing physicians, residents, medical students, and fellows across the county.

- Double Board-Certified
- Pain Medicine Experts
- Physical Medicine & Rehabilitation Experts
- Assistant Professor at University of South Florida and Central Florida
- Tampa's Top Doc Award-Winner
- Over 30,000 Procedures Performed

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.



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excelpainandspine.com

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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
Board Certified - Physical Medicine
& Rehabilitation

Neal Shah, M.D.

Board Certified - Pain Medicine
Board Certified - Anesthesiology

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Davenport, FL 33837

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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.
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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

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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FL 33853, 12 East Grove Ave.
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Assisted Living License 9383

Haines City
FL 33844, 301 Peninsular Dr.
T.: (863) 588-0345

Assisted Living License 9382

www.SLM.net





GROW YOUR HAIR LIKE A GODDESS

by Alan J. Bauman, MD, ABHRS

thought of as “thinning” or “shedding,” not “balding,” and it’s uncommon for women to go completely bald. Sometimes women see less volume or less coverage like a widening partline or they notice their ponytail is smaller in diameter. However, no matter what you call it, hair loss is usually most distressing to a woman.

Hair loss in women can often be caused by heredity. It may also be exacerbated by changes in hormones (most commonly after menopause), advancing age, stress, medications, poor sleep, or nutritional issues. A woman can lose up to 50 percent of her hair before it’s noticeable to the naked eye.

The good news is that we offer a number of effective treatments designed to get a woman’s hair growth back on track.

We recommend starting with a hair measurement using our HairCheck™ or HairMetrix™ system.

These non-invasive tools accurately measure hair loss, hair growth and hair breakage. They also determine the amount and quality of hair growing on the scalp. Once we have the big picture of what’s going on we can pinpoint how to best help you achieve the results you seek.

If you’re on a hair regrowth treatment, these measurements can scientifically verify benefits over time long before they’re noticeable in the mirror--so you know if you’re on the right track.

Here’s a quick overview of some of our many treatment options:

HAIR AND SCALP PRODUCTS

• Boost Shampoo and Boost Conditioner (Sulfate-free and color-safe)

Best for thinning hair and appropriate for everyday use with powerhouse ingredients including saw palmetto, green tea extract, Procapil (DHT inhibitor), caffeine (hair growth stimulator), Apiscalp (patented ingredient from celery that fights dandruff, itching, dryness) and more.

• Soothe Shampoo and Soothe Conditioner (Sulfate-free and color-safe)

Best for people with irritated or dry scalps, appropriate for everyday use with CBD (a moisturizer and anti-

inflammatory that reduces scalp sensitivity and irritation), Procapil® (reduces DHT level and increases blood flow), ceramides (keeps moisture in hair fibers) and 12 essential oils (anti-inflammatory, moisturizing, anti-microbial and soothing).

BAUMANMD NUTRACEUTICALS

Nutra-Team Bauman offers a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning or who just wants thicker-looking hair. Here are a few of the most popular:

• The Recruiter™

This special blend of probiotic, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.

• The Good Guys™

This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.



**BOOST+ SOOTHE
SHAMPOO + CONDITIONER**

Dr. Bauman recommends the new BaumanMD In-Shower Trichology System: Boost DHT-Control Shampoo & Conditioner for hair regrowth and Soothe CBD-Infusion Shampoo & Conditioner to alleviate scalp inflammation.

Ah, May.

Everyone knows it’s the month when we celebrate mothers around the world. But have you ever wondered where the word “May” comes from? It’s believed to be an adaptation of a Greek goddess’s name, “Maius,” who was known as the “goddess of growth.”

How appropriate for us at Bauman Medical! So I decided to use the Mother’s Day month to talk to you about women’s hair loss (and hair growth). Maius would be delighted.

Hair loss is more often associated with men than women, but you might be surprised to learn that *40-50 million women in this country have some sort of hair loss.*

Women’s hair loss typically presents itself differently than men’s hair loss.

Men commonly suffer from what’s known as male pattern baldness. It affects half of all men after age 50 but can start as early as puberty. Men’s hair loss generally starts at the front of the head, causing a receding hairline, and may eventually result in baldness.

Female hair loss typically doesn’t occur at the frontal hairline but is more diffuse. A woman’s hair may be



Dr. Bauman has created Nutra-Team Bauman, a team of hair-healthy supplements that work together in a dynamic way because he believes that hair grows best when your system is balanced.

• **The Bodyguard™**

A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with fungi, which include Asian mushrooms.

• **A-List Hair Vitamin Complex™**

It's called our "strategic supplement" because it's compounded with top-tier ingredients 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.

REGENERATIVE APPROACHES

• **Low-level laser therapy**

(also known as red light therapy)
The medical grade, FDA-cleared, and award-winning Bauman TURBO LaserCap® requires only five minutes of treatment per day for improved hair regrowth at home.

• **PRP (Platelet-Rich Plasma)**

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or discomfort. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia to strengthen hair follicles.

• **PDOgro™**

PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. PDO threads placed into the scalp have been shown to stimulate hair regrowth. This procedure helps make PRP even more effective and longer-lasting.

LEARN MORE

We know that hair loss can be particularly upsetting for goddesses, and we're happy to help you determine how to give yourself or someone else the gift of growth. Don't wait another day to find out about all we have to offer the woman who wants to restore her hair to its former glory.

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
561-220-3480

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.

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.



BEFORE



AFTER

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
877-882-2887
www.TUBCUT.COM
VA APPROVED

SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
561-314-3976

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

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

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



Winter Haven Hospital